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| --- | --- | --- |
| **Gravitational Potential Energy** (*Ug* or GPE) | energy due to position (*height*) |  |
| **Kinetic Energy** (*K* or KE) | energy due to motion (*velocity*) |  |
| **Total Mechanical Energy** (TME) | combined KE & GPE |  |
| **Work** | *change in TME* due to a *force* acting over a *distance* |  |

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| A diagram of energy efficiency  Description automatically generated | A diagram of energy efficiency  Description automatically generated |
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