

Energy and motion formulas

Quantity	Formula	Units
Kinetic energy	$KE = \frac{1}{2}mv^2$	J
Speed from KE	$v = \sqrt{(2KE/m)}$	m/s
Potential energy	$PE = mgh$	J
Momentum	$p = mv$	kg·m/s
KE from momentum	$KE = p^2/2m$	J
Work	$W = Fd$	J
Power	$P = W/t$	W

Notes