

personal fitness worksheet answers

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Discover accurate and comprehensive answers for your personal fitness worksheets. This resource provides clear solutions for various workout plans, helping you track your progress and understand core fitness concepts. Whether you're completing an exercise sheet or seeking general health and fitness answers, find the guidance you need to achieve your wellness goals.

Each journal issue is carefully curated to ensure scholarly integrity and originality.

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Personal Fitness

This book could be one of the most meaningful books you will read in school. The primary goal of this book is to help people help themselves. It is important that you assume control and responsibility for your lifestyle. This book will help you better understand your personal capabilities and enable you to establish a personal fitness program based on nutrition, stress management, and exercise. - Preface.

Personal Fitness

Learn how to take control of your own well-being. You'll find both the motivation and scientific knowledge you need to develop your own personal plan for healthy living and to make physical activity an integral part of that plan. You'll also explore the roles of stress management, sleep, and nutrition in achieving your goals.

Personal Fitness

This is a practical guide to understanding fitness and developing a successful personal fitness program. It provides basic physiological information and outlines the fitness process, allowing the instructor to serve as advisor while the student creates his or her own fitness program.

Personal Fitness for You

The Living 365fitt Program is a member's only program that includes all you ever need to succeed in your efforts to live a healthy, active life! Lengthen your lifespan and improve your quality of your life. Regardless of age or gender, you can enjoy the benefits of being fit 365 days a year! Living 365fitt is threefold. It's about being healthy, being active, and living life. Each chapter in the book includes three sections focusing on physical, nutritional and emotional facts, tips, guidance and motivation. Over 30 worksheets included!

Personal Fitness

This comprehensive health-related fitness education program is back and better than ever! Developed by top-level physical educators, this third edition will help students gain the knowledge, skills, appreciation, and confidence they need to lead active, healthy lives, regardless of physical and mental abilities or disabilities. Physical Best Activity Guide: Middle and High School Levels has been used with much success across the United States, and for good reason: The text contains 70 easy-to-use instructional activities, ranging from noncompetitive to competitive and from less demanding to more demanding. It also includes activities that allow for maximum time on task. All the instructional activities address the national physical education standards, dance standards, or health standards. This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout the United States. You will learn how to adapt the activities for all students, regardless of skill level or disability, and students will learn how to set realistic goals, manage their activity levels, and remain healthy throughout their lives. In addition, this text offers the following features: * A "Combined-Component Training" chapter combines aerobic fitness, muscular strength and endurance, and flexibility into single activities. * A CD-ROM contains a wealth of reproducibles, including charts, posters, signs, station cards, handouts, and worksheets, many of which can be adapted to meet your needs. * A section of Internet resources helps you develop your own special events. Physical Best Activity Guide: Middle and High School Levels, developed by the National Association for Sport and Physical Education, can stand alone or be used in conjunction with Physical Education for Lifelong Fitness: The PhysicalBest Teacher's Guide, Third Edition, and Physical Best Activity Guide: Elementary Level, Third Edition. It can also be used with Fitnessgram®/Activitygram®, an activity assessment and computerized reporting system, and the Fitness forLife resources for middle school and high school. Fitness for Life is a comprehensive program promoting lifetime health-related fitness.

Get Fit, Stay Fit

Fitness for Life provides more than just the facts about cardiovascular endurance, muscular strength, weight control, nutrition and relaxation techniques--it provides students with the tools to apply what they've learned to their own lifestyle.

Personal Fitness and You

A Practical Guide to Personal Conditioning presents a safe and scientific approach to exercise prescription, programming, and nutrition. Appropriate for an array of fitness and personal training courses, it provides readers with the information and resources necessary to develop an exercise and nutrition plan specifically designed and tailored to fit their personal fitness goals.

Personal Fitness

This handbook follows the same pattern which trainer Ann Goodsell uses with all her clients: continual assessment, programmes to suit individual goals, clear instructions and practical tips. Features include self-assessment routines, exercise menus, and advice on health and diet.

Your Guide to Getting Fit

This book is for anyone who wants to make a change in their life but doesn't know where to start, or doesn't think they have the motivation to meet their goals because after all, motivation is a shared quality in any type of fitness goal. This book is about getting started towards achieving your goals, from the very first thought, at the truest starting point. It is about adopting psychological preparation and a certain mindset, and Atkinson strategically guides the reader through that process. He emphasizes

that, without the right mindset, no one will reach their potential. section 1 covers some real life stories and anecdotes. Section 2 covers the practical side of the theory.

Lifetime Physical Fitness and Wellness

Take a tour through these pages and sample circuit, peripheral, endurance, and strength training, plus toning routines. Work with free weights, or do glute and lower back raises, lying hip flexors, and crunches with the exercise ball. Improve core stability with twists. Use a variety of machines—from the treadmill and Stairmaster to the Nordic Track.

Personal Fitness and You

These innovative programs are so individualized you'll feel as if they were developed with you in mind. Whatever your body, lifestyle, or fitness goal, there's something here for you.

Physical Best Activity Guide

Provides updated information about the numerous physical and emotional benefits of exercise and explores the relationship between nutrition, physical activity, and athletic performance.

Fitness for Life

Get fit and stay fit with the 5BX 11-Minute Plan for Men Based on the world-famous Royal Canadian Air Force exercise plan, these progressive exercises will take you to peak fitness in your own time and at your own pace. No special equipment needed. No expensive gym fees. No group memberships. Just you, the book and twelve minutes a day. With a minimum of space required the full-colour illustrated plans can be enjoyed by anyone, anytime, anywhere. Get fit and stay fit in the time it takes to drive to the gym!

Foundations of Personal Fitness: TE text

A handy notebook to help you keep track of your body measurements! Great for: people who want to lose weight cross fitters, bodybuilders and all fitness lovers Personal Trainers to hand it over to the clients anyone who wants to keep track of his fitness goals a gift idea for a friend, mom, girlfriend, boyfriend, gym goers and fitness freaks! Log Book includes: 111 pages 6x9' Each pages contains a clear graph to enter the measurements of all the body parts. Click on author's name to get a hold on fitness and health related notebooks, journals and log books!

Living Fit

Endurance athlete and winner of the "Guinness World Records" twenty-four-hour fitness challenge in 2000 offers step-by-step diet and exercise plans to shed pounds, develop strength, and increase flexibility and muscle tone.

Lifetime Physical Fitness and Wellness

A Practical Guide to Personal Conditioning

[dna worksheet and answer key](#)

DNA Replication (Updated) - DNA Replication (Updated) by Amoeba Sisters 6,251,558 views 4 years ago 8 minutes, 12 seconds - Explore the steps of **DNA**, replication, the enzymes involved, and the difference between the leading and lagging strand!

Intro

Why do you need DNA replication?

Where and when?

Introducing key player enzymes

Initial steps of DNA Replication

Explaining 5' to 3' and 3' to 5'

Showing leading and lagging strands in DNA replication

Practice writing the complementary strand of DNA and mRNA during transcription - Practice writing the complementary strand of DNA and mRNA during transcription by MooMooMath and Science

424,539 views 5 years ago 2 minutes, 7 seconds - Practice writing a strand of the complementary strand of **dna**, and completing a strand of messenger RNA When you have **DNA**,, ...

GET an A+ in EXAMS!! | How to answer | DNA Q- EASY - GET an A+ in EXAMS!! | How to answer | DNA Q- EASY by Miss Angler 19,578 views 2 years ago 7 minutes, 33 seconds - In this video we will look at how to **answer**, a question on **DNA**, in a test or exam in order to achieve the highest possible marks for ...

Transcription and Translation Practice Problems - Transcription and Translation Practice Problems by The Professor Is In 54,054 views 4 years ago 13 minutes, 37 seconds - This video gives you an opportunity to practice creating a complementary sequence of **DNA**, and mRNA from a template sequence ...

DNA vs RNA (Updated) - DNA vs RNA (Updated) by Amoeba Sisters 3,419,698 views 4 years ago 6 minutes, 31 seconds - Table of Contents: 00:00 Intro 0:54 Similarities of **DNA**, and RNA 1:35

Contrasting **DNA**, and RNA 2:22 **DNA**, Base Pairing 2:40 ...

Intro

Similarities of DNA and RNA

Contrasting DNA and RNA

DNA Base Pairing

RNA Base Pairing

mRNA, rRNA, and tRNA

Quick Quiz!

Decode from DNA to mRNA to tRNA to amino acids - Decode from DNA to mRNA to tRNA to amino acids by MooMooMath and Science 557,553 views 5 years ago 2 minutes, 33 seconds - Learn how to code from **DNA**, to mRNA to tRNA to amino acids.**DNA**, is made up of four bases Adenine Cytosine Guanine and ...

What does T pair with in mRNA?

GCSE Biology - What is DNA? (Structure and Function of DNA) #65 - GCSE Biology - What is DNA? (Structure and Function of DNA) #65 by Cognito 351,824 views 4 years ago 6 minutes, 33 seconds

- This video covers: - The structure of **DNA**, - What nucleotides are - Complementary base pairing - How genes code for proteins ...

run through the structure of dna

the nucleotide in more detail

forming a protective outer casing

the sequence of bases on the complementary strand

DNA CODE OF LIFE EXAM QUESTIONS GRADE 12 - DNA CODE OF LIFE EXAM QUESTIONS GRADE 12 by Life sciences tutor 8,050 views 1 year ago 8 minutes, 52 seconds - This video covers questions and **answers**, under the topic of **DNA**, code of life.

GET an A+ in EXAMS!! | How to answer| DNA Q2- HARD - GET an A+ in EXAMS!! | How to answer| DNA Q2- HARD by Miss Angler 17,956 views 2 years ago 8 minutes, 30 seconds - In this video we will look at how to **answer**, a question on **DNA**, in a test or exam in order to achieve the highest possible marks for ...

Intro

Question

Answer

What Is DNA? | The Dr. Binocs Show - Best Learning Videos For Kids | Peekaboo Kidz - What Is DNA? | The Dr. Binocs Show - Best Learning Videos For Kids | Peekaboo Kidz by Peekaboo Kidz 1,638,102 views 4 years ago 6 minutes, 43 seconds - What Is **DNA**,? | The Dr. Binocs Show | Best Learning Videos For Kids | Peekaboo Kidz Hi KIDZ! Welcome to a BRAND NEW ...

a group of atoms stuck together

in the shape of a double helix

3 billion cells that we can't see

Some bunch of cells makes up our bones

But how does each cell know what to do

The amino acid is an essential chemical

Your body links these amino acids together

inside the nucleus of the cell

the cell makes a copy of the DNA sequence

These RNA's looks a lot like DNA

DNA is a molecular blueprint

Zooming out

Basic Steps of Translation and Transcription - Basic Steps of Translation and Transcription by MooMooMath and Science 124,961 views 3 years ago 3 minutes, 8 seconds - Protein synthesis in simple terms. I cover the steps of transcription and translation. The overall process involves **DNA**, unzipping ...

Introduction
Transcription
Translation

Transcription and Translation For A Coding Strand - Transcription and Translation For A Coding Strand by Biochem Tutorials 145,493 views 9 years ago 6 minutes, 27 seconds - Dr. Paul Sims explains and works out how to start with a coding strand of **DNA**, transcribe it to mRNA and translate the mRNA to a ...

Is mrna transcribed 5 to 3?

DNA and RNA - DNA Replication - DNA and RNA - DNA Replication by Nucleus Biology 180,514 views 2 years ago 5 minutes, 29 seconds - #DNAreplication #DNAmolecule #**DNA**, SCIENCE ANIMATION TRANSCRIPT: Let's take a look at **DNA**, replication, the process in ...

DNA Replication
S Phase
DNA helicase
DNA polymerase
Mitosis
Summary

DNA replication and RNA transcription and translation | Khan Academy - DNA replication and RNA transcription and translation | Khan Academy by Khan Academy 2,868,487 views 9 years ago 15 minutes - Biology on Khan Academy: Life is beautiful! From atoms to cells, from genes to proteins, from populations to ecosystems, biology ...

Introduction
Replication
Expression
RNA
Transcription
Translation

GET an A+ in EXAMS!! | How to answer | Meiosis Q- 2 - GET an A+ in EXAMS!! | How to answer | Meiosis Q- 2 by Miss Angler 18,100 views 2 years ago 8 minutes, 53 seconds - In this video we will look at a past paper question and I will walk you through how to **answer**, the question to receive maximum ...

Transcription and Translation: From DNA to Protein - Transcription and Translation: From DNA to Protein by Professor Dave Explains 3,390,020 views 7 years ago 6 minutes, 27 seconds - Ok, so everyone knows that **DNA**, is the genetic code, but what does that mean? How can some little molecule be a code that ...

transcription
RNA polymerase binds
template strand (antisense strand)
zips DNA back up as it goes
translation
ribosome
the finished polypeptide will float away for folding and modification

Leading and lagging strands in DNA replication | MCAT | Khan Academy - Leading and lagging strands in DNA replication | MCAT | Khan Academy by Khan Academy 793,681 views 7 years ago 10 minutes, 18 seconds - Roles of **DNA**, polymerase, primase, ligase, helicase and topoisomerase in **DNA**, replication. An explanation of leading and ...

Anti Parallel Structure of Dna
Topoisomerase
Leading Strand
Adding Primers
Dna Primase
The Dna Ligase

How To Use The Genetic Codon Chart - How To Use The Genetic Codon Chart by Laura Zimny 90,475 views 3 years ago 6 minutes, 5 seconds - This is a very brief introduction on how to use the Genetic Code chart when translating a mRNA message.

Knowing The Different Types of DNA Tests for Your Clients - Knowing The Different Types of DNA Tests for Your Clients by Paternity University 481 views 2 days ago 17 seconds – play Short - Discover the **key**, to deciphering **DNA**, tests and determining which one suits your client's needs. Whether it's legal or non-legal, ...

Protein Synthesis (Updated) - Protein Synthesis (Updated) by Amoeba Sisters 7,243,953 views 6 years ago 8 minutes, 47 seconds - Explore the steps of transcription and translation in protein synthesis! This video explains several reasons why proteins are so ...

Intro

Why are proteins important?

Introduction to RNA

Steps of Protein Synthesis

Transcription

Translation

Introduction to mRNA Codon Chart

Quick Summary Image

DNA Replication - Leading Strand vs Lagging Strand & Okazaki Fragments - DNA Replication - Leading Strand vs Lagging Strand & Okazaki Fragments by The Organic Chemistry Tutor 940,586 views 4 years ago 19 minutes - This biology video tutorial provides a basic introduction into **DNA**, replication. It discusses the difference between the leading ...

Semiconservative Replication

DNA strands are antiparallel

Complementary Base Pairing In DNA

... Adenine, Thymine, Cytosine, and Guanine In **DNA**, ...

Bidirectionality of DNA and Origin of Replication

DNA Helicase and Topoisomerase

Single Stranded Binding (SSB) Proteins

RNA Primers and Primase

DNA Polymerase III

Semidiscontinuous Nature of DNA Replication

Leading Strand and Lagging Strand

Okazaki Fragments

The Function of DNA Ligase

Exonuclease Activity of **DNA**, Polymerase I and III ...

Decoding the Genetic Code from DNA to mRNA to tRNA to Amino Acid - Decoding the Genetic Code from DNA to mRNA to tRNA to Amino Acid by Elizabeth Godwin 672,498 views 10 years ago 5 minutes, 28 seconds - This video shows how to decode the **DNA**, code. We convert the **DNA**, message into the sequence of mRNA bases, then convert to ...

DNA Structure and Replication: Crash Course Biology #10 - DNA Structure and Replication: Crash Course Biology #10 by CrashCourse 9,468,045 views 11 years ago 12 minutes, 59 seconds - Hank introduces us to that wondrous molecule deoxyribonucleic acid - also known as **DNA**, - and explains how it replicates itself in ...

Deoxyribonucleic Acid

46 Chromosomes

Ribonucleic Acid (RNA)

Base Sequence

10 billion nucleotides

DNA and RNA Pairing Worksheet - DNA and RNA Pairing Worksheet by Katie Gilman 159 views 3 years ago 3 minutes, 16 seconds - Use this as a tutorial and audio for Tuesday's HW.

Animation 27.3 Parentage test by DNA fingerprinting - Animation 27.3 Parentage test by DNA fingerprinting by Oxford Mastering Biology [?] ix 27,178 3 years ago 1 minute, 56 seconds

DNA Transcription and Translation Assignment Video Instructions - DNA Transcription and Translation Assignment Video Instructions by Matt Tanner 2,010 views 2 years ago 3 minutes, 18 seconds - For the **dna**, transcription translation assignment you're going to start by grabbing the paper that you see in front of you and then ...

DNA Replication Worksheet Instructions - DNA Replication Worksheet Instructions by Karen Nowicki 182 views 3 years ago 2 minutes, 4 seconds - All right so I wanted to take a chance to show you real quick how to do this **worksheet**, okay so in the example I gave you an ...

Instructions DNA Mutations Practice Worksheet - Instructions DNA Mutations Practice Worksheet by Bio Videos LEllis 143 views 1 year ago 2 minutes, 11 seconds

DNA and RNA - Transcription - DNA and RNA - Transcription by Nucleus Biology 295,401 views 1 year ago 5 minutes, 52 seconds - RNAtranscription #mRNA #RNA SCIENCE ANIMATION TRANSCRIPT: Now, that we've covered **DNA**, replication, let's talk about ...

Transcription

What Is Transcription and Why

Dna Instructions Transcribed into Messenger Rna

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functions, 386 may be called from VBA as methods of the object "WorksheetFunction" and 44 have the same names as VBA functions. With the introduction of... 102 KB (9,188 words) - 21:05, 26 February 2024

(teacher guides, worksheets, consultation, etc.). The proposed model was chosen as it requires minimal change to the existing law and would be possible... 121 KB (10,398 words) - 00:30, 7 March 2024

Atomic Mass and Atomic Number Worksheet - Key

Atomic Mass and Atomic Number Worksheet - Key. Name of. Element. Symbol. Atomic. Number. Atomic Mass. Protons. Neutrons. Electrons copper. Cu. 29. 64. 29. 35.

Chemistry: Atomic Number and Mass Number

Chemistry: Atomic Number and Mass Number. Complete the following chart and answer the questions below. [Atomic #=# Protons]. P. N. Mass #. Element. Name. Atomic.

9PS - Atomic Number, Mass Number, Isotopes, and Stuff

Atomic Number, Mass Number, Isotopes, and Stuff. 1. Complete the following questions. Assume all atoms are neutral. 2 element: element: 27. 23A1. Al. Aluminum.

Atomic Masses of First 30 Elements: Hydrogen H | PDF

This document lists the atomic numbers, element symbols, and atomic masses of the first 30 elements. It provides the atomic mass of each element after ...

Atoms are composed of electrons, protons, and neutrons. It

Chemistry Worksheet, Atomic Number and Mass Number. Goal: Atoms are composed of electrons, protons, and neutrons. It is the difference in the numbers of.

2.3.1: Practice Problems- Calculating Atomic Masses ...

28 May 2020 — PROBLEM 2.3.1.1. Determine the number of protons, neutrons, and electrons in the following isotopes that are used in medical diagnoses:.

Average Atomic Mass Worksheet

Answer the following questions. 6. Lead has an atomic number of 82. How many protons and electrons does lead have? 82.pt.

The Atoms Family Atomic Math Challenge

Atoms by numbers atomic number and atomic mass - Quizlet

Colon and Semicolon Exercises

Insert necessary colons. Put a "C" in front of any sentence that is correct. 1. All his thoughts were centered on one objective profit.

Using Colons and Semi-Colons ; : - Grange Primary School

29 Jun 2020 — In the following sentences, draw a semi-colon (;) in the correct position. 1. Not today; my head was already spinning. 2. But I wasn't going to ...

Using Semi-Colons, Colons and Dashes - Twinkl

This differentiated colons and semicolons worksheet helps children to practice using semi-colons, colons and dashes in different types of sentences.

Colons and Semicolons

The semicolon is used to indicate a division in a sentence when a more distinct separation is needed between independent clauses than is indicated by a comma (...

Semicolons and Colons | WRITING CENTER

4 Apr 2021 — SEMICOLONS. A semicolon (;) is used in four ways: • Between two independent clauses that are not connected by a coordinating conjunction.

Semicolons and colons worksheets

These are comprehensive and user-friendly review worksheets & quiz designed to help students master effective use of commas, ...

Colon Worksheets

These free series of worksheets will show students how to properly use colons within sentences.

Colon or Semicolon Worksheets

Examples of the colon or the semicolon in worksheets with answers. 4th and 5th grade grammar worksheets. I have a dental appointment on Wednesday at 2:00 PM.

Colons and Semicolons - Worksheet & Answer Key

Colons and Semicolons - Worksheet & Answer Key In this worksheet, students are introduced to colons and semicolons and explained when they are used.

Calculating Average Atomic Mass Worksheet

Using the following data, first calculate the approximate atomic mass of each isotope. Then calculate the average atomic mass of lead. 82p. 122n. 1.37%. 20.82%.

Average Atomic Mass Worksheet: show all work.

Calculate the average atomic mass. $0.7870 \times 2.531 + 3.0399 \times 123.8044 = 24.3050$

Average Atomic Mass

Calculate the average atomic mass of sulfur if 95.00% of all sulfur atoms have a mass of. 31.972amu, 0.76% has a mass of 32.971amu, and 4.22% have a mass of ...

2.3: Calculating Atomic Masses (Problems)

18 Sept 2020 — Calculate the average atomic mass of Br based on these experiments. How does this compare to the value given on the periodic table? Answer.

Average Atomic Mass

Calculate the average atomic mass of magnesium using the following data for three magnesium isotopes. Isotope mass (u) relative abundance. Mg-24 23.985 78.70%.

Chemistry: Average Atomic Mass Worksheet Flashcards

Calculate the average atomic mass for each element based on the natural abundance of its isotopes. Learn with flashcards, games, and more — for free.

Accelerated Chemistry: Average Atomic Mass Worksheet

Accelerated Chemistry: Average Atomic Mass Worksheet. Calculate the average atomic mass for each element based on the natural abundance of its isotopes. 1. Find ...

Calculating Average Atomic Mass Practice

Practice Calculating Average Atomic Mass with practice problems and explanations. Get instant feedback, extra help and step-by-step explanations.

Calculating Average Atomic Mass Worksheet - Isotopes of

17 Jul 2021 — Question: Calculating Average Atomic Mass Worksheet: 1) Three isotopes of Silicon occur in nature: Isotopes of Silicon: Percent Abundance: ...

Efficiency Practice Problems

Efficiency Practice Problems KEY. Output Energy. Efficiency = Input Energy x 100%. In-Class Examples. Example #1: A certain light bulb consumes 200J of ...

Efficiency Calculations Word Problems

Use the equation above to solve each question. Give your answer to two decimal places where it is not a whole number answer.

Efficiency Worksheets, Questions and Revision

Efficiency worksheets, questions and revision for GCSE Physics and Combined Science. All of the revision you need in one place.

Energy Efficiency Worksheet

Energy Efficiency Worksheet. 1. A computer that is 87% efficient consumes 375 kWh of energy. How much useful energy does it provide? 2. A television that is ...

Efficiency Problems

Efficiency Problems. • = Work output/Energy input (x100%) percentage ... Explain your answer. KE = 1/2 mv². No, it is squared. 24. How fast must a 1000 ...

Percent Efficiency Practice Problems 1. Calculate the ...

1. Calculate the efficiency of a compact fluorescent light bulb if it produces 30J of light energy, while 95J of electrical energy is input. 2 ...

TuHSPHysics - FA5.1 Efficiency and Power

1. If a heater is 78.0% efficient, how much fuel energy would it consume to provide 120. J of useful heat? · 2. How much time does it take for a 450. Watt heater ...

Questions

Efficiency - Starter – how to make devices more efficient. Why the device wastes energy. How to reduce the problem. Friction between moving parts causes.

Efficiency Formula - Explanation and Solved Numericals

Calculate the efficiency of a cyclist. Solution: Given: Work Input = 600 J,. Work Output = 140 J. The efficiency is given as. $\eta = \frac{\text{Work Output}}{\text{Work Input}} \times 100$...