

Mechanical Energy

short name	name	description	how to identify it
KE	Kinetic Energy	Energy of Motion	Is it moving?
GPE	Gravitational Potential Energy	Energy of Height	Does it have height?
EPE	Elastic Potential Energy	Energy of Springy-ness	Is it springy and stretched or compressed?

Some of the other forms of energy:
Heat, Light (Radiant), Chemical Potential,
Electrical Potential.