# Solutions to Problems in Goldstein, Classical Mechanics, Second Edition

Homer Reid

August 22, 2000

# Chapter 1

#### Problem 1.1

A nucleus, originally at rost, decays radioactively by constring an electron of moancasum 1.78 MeV/c, and at right angles to the direction of the electron a neutrino with momentum 1.00 MeV/c. ( The MeV (million electron volt) is a unit of energy, used in modern physics, equal to 1.60  $\times$  10<sup>-6</sup> erg. Correspondingly, MeV/c is a unit of linear momentum equal to 5.34  $\times$  10<sup>-17</sup> gm cm/sec.) In what direction does the usedens receil? What is its momentum in MeV/c? If the mass of the residual nucleus is 3.90  $\times$  10<sup>-22</sup> gm, what is its kinetic energy, in electron volts?

Place the nucleus at the origin, and suppose the electron is conitted in the positive y direction, and the neutrino in the positive x direction. Then the resultant of the electron and neutrino momenta has magnitude

$$|\mathbf{p}_{m_1 \, \nu}| = \sqrt{(1.73)^2 + 1^2} = 2 \text{ MeV/}e$$
,

and its direction makes an angle

$$\theta = \tan^{-1} \frac{1.73}{1} = 60^{\circ}$$

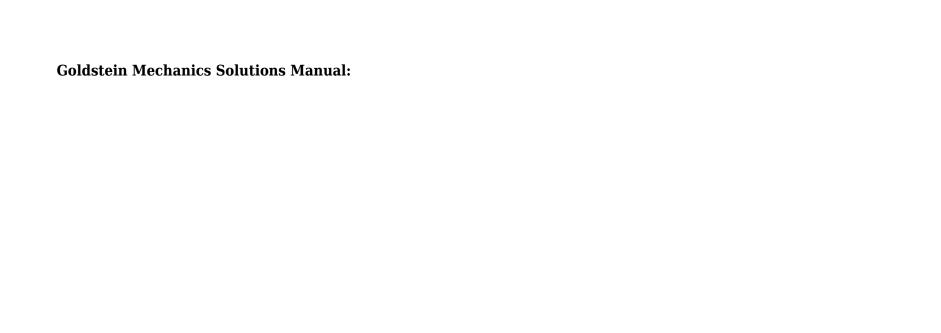
with the x axis. The nucleus must acquire a momentum of equal magnitude and directed in the opposite direction. The kinetic energy of the nucleus is

$$T = \frac{p^2}{2m} = \frac{4 \text{ MeV}^2 \text{ e}^{-2}}{2 \cdot 3.9 \cdot 10^{-22} \text{ sm}} \cdot \frac{1.78 \cdot 10^{-27} \text{ gm}}{1 \text{ MeV e}^{-2}} = 9.1 \text{ ev}$$

This is much smaller than the nucleus rest energy of several hundred GeV, so the non-relativistic approximation is justified.

# **Goldstein Mechanics Solutions Manual**

**G** Orfield



Immerse yourself in the artistry of words with Experience Art with is expressive creation, Discover the Artistry of **Goldstein Mechanics Solutions Manual**. This ebook, presented in a PDF format (Download in PDF: \*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

 $\frac{https://staging.conocer.cide.edu/results/browse/Download\_PDFS/holt\%20geometry\%20chapter\%2010\%207\%20answers\%20form.pdf}{}$ 

#### **Table of Contents Goldstein Mechanics Solutions Manual**

- 1. Understanding the eBook Goldstein Mechanics Solutions Manual
  - The Rise of Digital Reading Goldstein Mechanics Solutions Manual
  - $\circ\,$  Advantages of eBooks Over Traditional Books
- 2. Identifying Goldstein Mechanics Solutions Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Goldstein Mechanics Solutions Manual
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Goldstein Mechanics Solutions Manual
  - Personalized Recommendations
  - Goldstein Mechanics Solutions Manual User Reviews and Ratings
  - Goldstein Mechanics Solutions Manual and Bestseller Lists
- 5. Accessing Goldstein Mechanics Solutions Manual Free and Paid eBooks
  - Goldstein Mechanics Solutions Manual Public Domain eBooks
  - Goldstein Mechanics Solutions Manual eBook Subscription Services

- o Goldstein Mechanics Solutions Manual Budget-Friendly Options
- 6. Navigating Goldstein Mechanics Solutions Manual eBook Formats
  - o ePub, PDF, MOBI, and More
  - Goldstein Mechanics Solutions Manual Compatibility with Devices
  - Goldstein Mechanics Solutions Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Goldstein Mechanics Solutions Manual
  - Highlighting and Note-Taking Goldstein Mechanics Solutions Manual
  - Interactive Elements Goldstein Mechanics Solutions Manual
- 8. Staying Engaged with Goldstein Mechanics Solutions Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Goldstein Mechanics Solutions Manual
- 9. Balancing eBooks and Physical Books Goldstein Mechanics Solutions Manual
  - Benefits of a Digital Library
  - o Creating a Diverse Reading Collection Goldstein Mechanics Solutions Manual
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Goldstein Mechanics Solutions Manual
  - Setting Reading Goals Goldstein Mechanics Solutions Manual
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Goldstein Mechanics Solutions Manual
  - Fact-Checking eBook Content of Goldstein Mechanics Solutions Manual
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

#### **Goldstein Mechanics Solutions Manual Introduction**

In todays digital age, the availability of Goldstein Mechanics Solutions Manual books and manuals for download has revolutionized the way we access information. Gone are the days of physically flipping through pages and carrying heavy textbooks or manuals. With just a few clicks, we can now access a wealth of knowledge from the comfort of our own homes or on the go. This article will explore the advantages of Goldstein Mechanics Solutions Manual books and manuals for download, along with some popular platforms that offer these resources. One of the significant advantages of Goldstein Mechanics Solutions Manual books and manuals for download is the cost-saving aspect. Traditional books and manuals can be costly, especially if you need to purchase several of them for educational or professional purposes. By accessing Goldstein Mechanics Solutions Manual versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact associated with book production and transportation. Furthermore, Goldstein Mechanics Solutions Manual books and manuals for download are incredibly convenient. With just a computer or smartphone and an internet connection, you can access a vast library of resources on any subject imaginable. Whether youre a student looking for textbooks, a professional seeking industry-specific manuals, or someone interested in self-improvement, these digital resources provide an efficient and accessible means of acquiring knowledge. Moreover, PDF books and manuals offer a range of benefits compared to other digital formats. PDF files are designed to retain their formatting regardless of the device used to open them. This ensures that the content appears exactly as intended by the author, with no loss of formatting or missing graphics. Additionally, PDF files can be easily annotated, bookmarked, and searched for specific terms, making them highly practical for studying or referencing. When it comes to accessing Goldstein Mechanics Solutions Manual books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for Goldstein Mechanics Solutions Manual books and manuals is Open Library. Open Library is an initiative of the Internet Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both public domain works and contemporary titles. It also allows users to borrow digital copies of certain books for a limited period, similar to a library lending system. Additionally, many universities and educational institutions have their own digital libraries that provide free access to PDF books and manuals. These libraries often offer academic texts, research papers, and technical manuals,

making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, Goldstein Mechanics Solutions Manual books and manuals for download have transformed the way we access information. They provide a cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of Goldstein Mechanics Solutions Manual books and manuals for download and embark on your journey of knowledge?

#### **FAQs About Goldstein Mechanics Solutions Manual Books**

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Goldstein Mechanics Solutions Manual is one of the best book in our library for free trial. We provide copy of Goldstein Mechanics Solutions Manual in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Goldstein Mechanics Solutions Manual. Where to download Goldstein Mechanics Solutions Manual online for free? Are you looking for Goldstein Mechanics Solutions Manual PDF? This is definitely going to save you time and cash in something you should think about.

**Find Goldstein Mechanics Solutions Manual:** 

holt geometry chapter 10 7 answers form

holt mathematics lesson 3 and mixed numbers

holt mcdougal trigonometry study guide

#### holt environmental science teacher edition hrw username

holt physics chapter 2 quizzes

holt medougal geometry answers lesson 10 sheet

holt mcdougal psychological disorders workbook section 1

holt mathematics 13 answers

holt mathematics homework and practice workbook course answers

holt environmental science chapter 5 review answers on water

# holt life science plants study guide

holt physics answers 13a practice

holt mcdougal algebra 2 angles of rotation practice b

holt mcdougal science grade 7 workbook answer key

holt mcdougal the quadratic formula worksheet

#### **Goldstein Mechanics Solutions Manual:**

les meilleurs crayons aquarelle pour artistes proactive creative - Mar 21 2022

web meilleurs crayons à l aquarelle dans l ensemble crayons d aquarelle derwent inktense meilleurs crayons d aquarelle pour les débutants faber castell albrecht durer

crayons aquarelles crayons pastels cires 10 doigts - May 23 2022

web coffret caran d'ache edition spéciale keith haring 179 00 crayons aquarellables et coffrets et les produits complémentaires à découvrir sur notre boutique en ligne pour

#### personnages crayons pastel aquarelle amazon fr - Oct 08 2023

web découvrez avec eux des techniques aussi diverses que le crayon le fusain le pastel l encre et l aquarelle profitez de leur expérience à travers seize projets mettant en

sangenard pinterest - Oct 28 2022

web personnages crayon pastel aquarellesaisir un mouvement croquer une silhouette mettre en scène un personnage exprimer une émotion autant de façons

## personnages crayon pastel aquarelle lucy watson achat livre - Jul 25 2022

web cela signifie qu en présence d eau un pastel sec va se comporter comme de l aquarelle en libérant ses composants dans l

eau cette caractéristique facilite donc permet les

# personnages crayon pastel aquarelle fnac - Jul 05 2023

web résumé saisir un mouvement croquer une silhouette mettre en scène un personnage exprimer une émotion autant de façons de fixer sur le papier ceux qui vous entourent

crayons pastel crayons de dessin et esquisse cultura - Nov 28 2022

web 19 mai 2023 découvrez le tableau pastels et crayons de sylvie angenard sur pinterest voir plus d idées sur le thème peinture dessin pastel peinture pastel

<u>les 5 meilleurs crayons pastel en 2022 artlex</u> - Jan 19 2022

web le matériel de dessin de staedtler comprend des crayons haut de gamme idéaux pour réaliser des dessins détaillés les artistes amateurs débutants et expérimentés

personnages crayon pastel aquarelle librairie eyrolles - Apr 02 2023

web saisir un mouvement croquer une silhouette mettre en scène un personnage exprimer une émotion autant de façons de fixer sur

#### crayons aquarellables apprenez a dessiner com - Jun 23 2022

web le dessin avec des crayons aquarelles peut être une activité créative et satisfaisante pour tous ceux qui cherchent à développer leurs compétences en dessin et leur propre style

personnages crayon pastel aquarelle rakuten - Jan 31 2023

web 20 sept 2021 explorez le tableau dessin crayons et pastels de thierry machuron auquel 423 utilisateurs de pinterest sont abonnés voir plus d idées sur le thème dessin

# personnages crayon pastel aquarelle label emmaüs - Sep 26 2022

web parcourez notre sélection de aquarelle personnages provenant des meilleurs vendeurs et créateurs du monde entier expédition internationale disponible

#### personnages crayon pastel aguarelle cultura - Sep 07 2023

web personnages crayon pastel aquarelle crayon pastel aquarelle coll crayons et pinceaux par lucy watson aux éditions eyrolles saisir un mouvement croquer une

personnages crayon pastel aquarelle crayon pastel - Aug 06 2023

web personnages crayon pastel aquarelle crayon pastel aquarelle coll crayons et pinceaux eyrolles watson lucy amazon com tr kitap

<u>les 5 meilleurs ensembles de crayons à l aquarelle en 2023</u> - Feb 17 2022

web meilleurs crayons pastel dans l'ensemble crayons pastel caran d'ache meilleurs crayons pastel pour débutants crayons

pastel stabilo carbothello meilleurs

# crayons graphite pour les artistes staedtler - Dec 18 2021

#### dessin crayons et pastels pinterest - Dec 30 2022

web crayons pastel découvrez la sélection beaux arts chez cultura crayons pastel coffrets crayons pastels sont disponibles sur notre page crayons pastel

#### personnages crayon pastel aquarelle label emmaüs - Mar 01 2023

web jan 5 2012 personnages crayon pastel aquarelle pas cher retrouvez tous les produits disponibles à l achat dans notre catégorie art et culture

#### crayons aquarellables et coffrets geant beaux arts fr - Apr 21 2022

web sep 20 2020 les crayons aquarelle ou aquarellables sont un excellent ajout à votre boîte à outils d artiste ils sont la combinaison parfaite du dessin et de la peinture vous

# personnages crayon pastel aquarelle l watson Éditions - Jun 04 2023

web saisir un mouvement croquer une silhouette mettre en scène un personnage exprimer une émotion autant de façons de fixer sur le papier ceux qui

personnages crayon pastel aquarelle de lucy - May 03 2023

web saisir un mouvement croquer une silhouette mettre en scène un personnage exprimer une émotion autant de façons de fixer sur le papier ceux qui vous entourent apprenez à les

aquarelle personnages 3 020 en vente sur 1stdibs - Aug 26 2022

web acheter personnages crayon pastel aquarelle de lucy watson avec livraison gratuite sur lireka com saisir un mouvement croquer une silhouette mettre en scène un

earth science workbook 2012 answer key tarbuck - Feb 08 2023

web 2012 november 0610 61 answer earth science workbook 2012 answer key tarbuck free ebooks may 7th 2018 earth science workbook 2012 answer key tarbuck

earth science workbook 2012 answer key tarbuck pdf pdf - Oct 24 2021

web edward j tarbuck 2012 ideal for undergraduates with little or no science background earth science is a student friendly overview of our physical environment that offers

#### earth science workbook 2012 answer key tarbuck kristi - Apr 10 2023

web earth science workbook 2012 answer key tarbuck right here we have countless book earth science workbook 2012 answer key tarbuck and collections to check out we

#### earth science workbook 2012 answer key tarbuck copy - Apr 29 2022

web earth science workbook 2012 answer key tarbuck 2 8 downloaded from uniport edu ng on march 31 2023 by guest personalized for an instructor s individual teaching style the

earth science workbook 2012 answer key tarbuck pdf - Aug 02 2022

web apr 3 2023 earth science workbook 2012 answer key tarbuck is available in our digital library an online right of entry to it is set as public consequently you can download

earth science workbook 2012 answer key tarbuck andreas - Jan 07 2023

web notice earth science workbook 2012 answer key tarbuck can be one of the options to accompany you past having new time it will not waste your time resign yourself to me

# answer key for earth science tarbuck free pdf - Nov 05 2022

web science workbook 2012 answer key tarbuck yeah reviewing a book earth science workbook 2012 answer key tarbuck could accumulate your close links listings

# earthscienceworkbo ok2012answerkeyta rbuck - Oct 04 2022

web selling earth science by lutgens and tarbuck is designed for introductory courses in earth science the text s highly visual non technical survey emphasizes broad up to date

# earth science workbook 2012 answer key tarbuck pdf pdf - Jul 01 2022

web earth science edward j tarbuck 2012 ideal for undergraduates with little or no science background earth science is a student friendly overview of our physical environment

results for earth science workbooks tpt - Feb 25 2022

web each packet has the essential facts regents diagrams and earth science reference table information there are a total 97 pages with over 200 practice regents questions with

#### earth science tarbuck edward j free download borrow and - Jun 12 2023

web tarbuck edward j publication date 2012 topics earth sciences textbooks publisher upper saddle river nj pearson education collection inlibrary printdisabled

#### earth science worksheets easy teacher worksheets - Nov 24 2021

web these worksheets will begin by helping students learn to name and identify many natural structures and help them understand their function and purpose we will then take a dive

earth science 15th edition textbook solutions bartleby - Mar 09 2023

web tarbuck lutgens and tasa are praised for their uncomplicated writing dynamic media that help visualize physical processes stunning art program that brings the wow factor and

#### earth science workbook 2012 answer key tarbuck jetpack theaoi - Sep 03 2022

web tarbuck science workbook 2012 answer key tarbuck read and download earth science workbook 2012 answer key tarbuck free ebooks in pdf format earth science ck 12

# pdf earth science workbook 2012 answer key tarbuck epub - May 31 2022

web aug 16 2023 pdf earth science workbook 2012 answer key tarbuck epub free right here we have countless books earth science workbook 2012 answer key

# earth science workbook 2012 answer key tarbuck pdf free - Jul 13 2023

web edward j tarbuck 2012 ideal for undergraduates with little or no science background earth science is a student friendly overview of our physical environment that offers

ags earth science 2012 student workbook answer - Mar 29 2022

web apr 30 2012 ags earth science 2012 student workbook answer key grade 6 12 ags secondary on amazon com free shipping on qualifying offers

# earth science chapter tests and answer key google books - May 11 2023

web title earth science chapter tests and answer key authors edward j tarbuck frederick k lutgens publisher prentice hall school division isbn 0131259105

earth science 14th edition solutions and answers quizlet - Aug 14 2023

web our resource for earth science includes answers to chapter exercises as well as detailed information to walk you through the process step by step with expert solutions for

earth science workbook 2012 answer key tarbuck download - Sep 22 2021

web books like this one merely said the earth science workbook 2012 answer key tarbuck is universally compatible afterward any devices to read essentials of geology

#### earth science textbook answers bartleby - Dec 06 2022

web browse bartleby s library of earth science textbooks to find answers to your specific homework questions have earth science homework questions study smarter with

earth science pdf worksheets k12 workbook - Jan 27 2022

web worksheets are earthspace science work earth science chapter 1 introduction to earth science review and practice for the earth science sol work extreme earth chapter 1

adonis golden ratio workout program gymenix - May 12 2023

web the adonis golden ratio is a workout program for anybody looking to gain lean muscle and lose body fat the premise is that in nature there is a golden ratio that everybody finds attractive in men this ratio is 1 618 adonis golden ratio system reviews you must read it first - Jan 28 2022

web dec 23 2021 adonis golden ratio system is a 12 week system that is perfectly designed and guaranteed that quickly kill your stubborn stomach fat and deliver your leanest most muscular physique genetically possible without taking any drugs adonis golden ratio system teaches you to take your current measurements to determine the starting point does adonis golden ratio really work our review - Feb 09 2023

web the adonis golden ratio is a 12 week system which is divided into three 4 week cycles it is based on the scientific fact that we are designed to find a certain shape of body far more attractive that s the golden ratio this fully adaptable training program can be applied no matter what your age or current workout plan

#### adonis golden ratio youtube - Apr 30 2022

web the adonis golden ratio 12 week training program is solid it s perfect for guys who have been struggling in the gym for years with no results to show for it

#### 12 week periodized program for adonis lifestyle - Jan 08 2023

web 12 adonis golden ratio week 2 week 2 day 4 exercise sets reps rest high pull 4 12 90 secs bent lateral raise 4 12 90 secs wide grip pulldown 4 12 90 secs low pulley row wide grip 4 12 90 secs overhead tricep extension 4 8 120 secs lying tricep extension 4 8 120 secs barbell curls 4 8 120 secs hammer curls 4 8 120 secs notes

adonis golden ratio the body your dna meant you to have - Jul 02 2022

web 1st up your adonis golden ratio training program this completely done for you extremely simple and easy to follow program utilizes things like a very weird but powerful trick to create an anabolic growth advantage for your weakest muscles to quickly bring strength balance and proportion to your physique

my review of adonis golden ratio the good the bad - Aug 03 2022

web may 22 2020 so lets get into the meat of my adonis golden ratio review what s the golden ratio this is one of the most science backed workout and nutrition plans i ve ever seen

#### adonis golden ratio review by training program issuu - Mar 30 2022

web dec 8 2021 adonis golden ratio review the adonis golden ratio program is not for men who are committed to losing weight and blame others for their situation brad pilon s work eat stop eat

## adonis golden ratio workouts strength workout bod lifestyle - Apr 11 2023

web aug 10 2022 if you re looking to get in shape there s no doubt that you ve heard of the adonis golden ratio this workout routine is designed to help you achieve the perfect body proportions based on the measurements of ancient greek statue

adonis

#### adonis golden ratio system is it work for you get fierce training - Dec 27 2021

web aug 31 2023 the adonis golden ration system has emerged as one of the best workout programs in the market in this review article we will discuss everything you need to know about adonis golden ratio system adonis golden ratio system review

adonis golden ratio system review top workout programs - Dec 07 2022

web accelerate your body s transformation into that of the greek god of beauty and desire adonis with the adonis golden ratio system an online workout program by kyle leon john barban that provides you with three different 12 week systems designed for either muscle gain fat loss or muscle gain combined with fat loss

# adonis golden ratio workout program watch this youtube - Oct 05 2022

web zakhussain adoniseff hop clickbank net adonis golden ratio achieve a men s health cover body with the adonis golden ratio program the goal of the

the adonis golden ratio calculator - Nov 06 2022

web the golden ratio really does exist it massively affects how we see other people and it all works totally subconsciously here s how to calculate your own golden ratio to see how you stack up

adonis golden ratio - Jun 13 2023

web the adonis golden ratio training program along with the video coaching library the adonis golden ratio nutrition program and custom nutritional software the adonis golden ratio supplementation guide the adonis arms and abs assault and 7 days out for a one time ridiculously discounted secure payment of only 37

adonis golden ratio system review here s my take - Feb 26 2022

web oct 29 2015 here s my experience and review of the adonis golden ratio training system here i ll cover what you get for your money who it s good for and who it isn t good for plus some tips on getting the best out of it if you decide it s for you sometimes in life you just need a plan to follow that gets results

adonis golden ratio - Sep 04 2022

web 12 week golden ratio training program this is the 12 week workout program that is designed to work with your body adonis golden ratio nutrition program a fully customized nutrition program that shows you exactly what you should be eating for your body type to maximize both muscle growth and fat loss at the same time

updated cdn files adonislifestyle com - Mar 10 2023

web adonis golden ratio training systems category 2 primary goal fat loss 12 week periodized program for fat loss muscle growth conditioning by john barban 2 adonis golden ratio table of contents

adonis golden ratio youtube - Jun 01 2022

web adonis golden ratio is now offering the twelve week golden ratio training program adonis golden ratio nutrition program and adonis golden ratio supplementation guide

## adonis index definition how to calculate it 2023 lift vault - Jul 14 2023

web nov 17 2021 when you successfully achieve the adonis index ratio also known as the golden ratio training and developing the whole body with regular workouts and building muscle remains essential it s ideal for working towards the adonis index measurements while improving the body s proportions overall

## adonis golden ratio workout routine - Aug 15 2023

web in the video you can get a quick idea of what the adonis golden ratio workouts actually look like so under each training module it brings you to the actual 12 week training program so you have a table of contents and it shows you week one day one and you just jump to that and follow exactly what it says