What is the force exerted by Kelly's hand on a 250 gram egg when she slows the egg from 15 m/s to a stop in .1 seconds? Round your answer to two decimal places. Input the number in the first blank and a direction, if necessary in the second blank. If no direction is necessary, input "none" in the second blank.

What is the **change** in momentum of a 1000 kilogram object if it is initially traveling -7 m/s and ends up moving at +3 m/s? Round your answer to two decimal places, and express using the proper SI unit(s).