

$$m = .004 \text{ kg}$$

$$f = 5.00 \text{ Hz}$$

$$T = \frac{1}{f} \quad \text{and} \quad T = 2\pi \cdot \sqrt{\frac{m}{k}}$$

$$\frac{1}{5 \text{ Hz}} = 2\pi \cdot \sqrt{\frac{.004 \text{ kg}}{k}}$$

$$k = 3.95 \text{ N/m}$$