No calculators, cell phones, computers, notes, etc.

Circle your answer. Make your work correct, complete and coherent.

The quiz is worth 5 points. The solutions will be posted on my website later today.

Evaluate the integral

$$\int_0^4 \int_0^1 \int_{2y}^2 \frac{4\cos(x^2)}{2\sqrt{z}}\,dx\,dy\,dz$$

by changing the order of integration in an appropriate way.