Energy - Problem 1

A block of mass 0.40 kg slides on a frictionless, horizontal surface. It is pushed against a spring with spring constant k = 400 N/m. The spring is compressed 0.20 m and then the block is released from rest. The block then slides up a 30° incline, which is also frictionless. How far up the incline does the block travel before it stops and comes back down?