The mass of an object is measured at 7g to the nearest gram.

Complete the following statement to show the range of possible values of \( m \).

\[ \ldots \leq m < \ldots \]

It takes 9 hours for 40 workers to seed 80 acres. How long would it take 15 people to seed 30 acres?

How many sides does it have?

Shown is one angle from a regular polygon.