HW 9-6 Soln)

For the x-axis, the distance of each mass from the x-axis is its y-coordinate.

For the y-axis, the distance of each mass from the y-axis is its x-coordinate.

For the z-axis, the distance squared of each mass from the z-axis is (x2 + y2).

Note that the sum of the answers from a) and b) equals the answer from c).   
This is consistent with the *perpendicular axis theorem*.