IC_W07D1-1 Table Problem: Change in Potential Energy Spring Force

Connect one end of a spring of length $l_o$ with spring constant $k$ to an object resting on a smooth table and fix the other end of the spring to a wall. Stretch the spring until it has length $l$ and release the object. Consider the object-spring as the system. When the spring returns to its equilibrium length what is the change in potential energy of the system?