I have C and Q and want to solve this problem Multiply(C, Transpose(C)) = Q

 $Q := \begin{bmatrix} 4.000000000 \ 4.00000000 \ 0. \\ 4.000000000 \ 8.00000000 \ 4.000000000 \end{bmatrix}$ 

0. 4.00000000 8.00000000

 $C := \begin{bmatrix} x_{1,1} & x_{1,2} & x_{1,3} \\ x_{2,1} & x_{2,2} & x_{2,3} \\ x_{3,1} & x_{3,2} & x_{3,3} \end{bmatrix}$ 

I use follow to solve it, but I had error. if it is possible to solve with follow or other command please help me.

If there is another way to solve it such matrix dissection or other ways in Linear Algebra Please tell me.