



LENGTH

Metric

1 kilometer = 1000 meters
 1 meter = 100 centimeters
 1 centimeter = 10 millimeters

Customary

1 mile = 1760 yards
 1 mile = 5280 feet
 1 yard = 3 feet
 1 foot = 12 inches

CAPACITY AND VOLUME

Metric

1 liter = 1000 milliliters

Customary

1 gallon = 4 quarts
 1 gallon = 128 fluid ounces
 1 quart = 2 pints
 1 pint = 2 cups
 1 cup = 8 fluid ounces

MASS AND WEIGHT

Metric

1 kilogram = 1000 grams
 1 gram = 1000 milligrams

Customary

1 ton = 2000 pounds
 1 pound = 16 ounces

TIME

1 year = 365 days
 1 year = 12 months
 1 year = 52 weeks
 1 week = 7 days
 1 day = 24 hours
 1 hour = 60 minutes
 1 minute = 60 seconds

Perimeter	square	$P = 4s$
	rectangle	$P = 2l + 2w$ or $P = 2(l + w)$
Area	square	$A = s^2$
	rectangle	$A = lw$ or $A = bh$
	triangle	$A = \frac{1}{2}bh$ or $A = \frac{bh}{2}$
Volume	cube	$V = s^3$
	rectangular prism	$V = lwh$