

Table of Measures	
Metric	Customary
Length/Area	
1,000 millimeters (mm) = 1 meter (m)	1 foot (ft) = 12 inches (in.)
100 centimeters (cm) = 1 meter	1 yard (yd) = 36 inches
10 decimeters (dm) = 1 meter	1 yard = 3 feet
1 dekameter (dam) = 10 meters	1 mile (mi) = 5,280 feet
1 hectometer (hm) = 100 meters	1 mile = 1,760 yards
1 kilometer (km) = 1,000 meters	
Liquid Volume	
1,000 milliliters (mL) = 1 liter (L)	6 teaspoons (tsp) = 1 fluid ounce (fl oz)
100 centiliters (cL) = 1 liter	2 tablespoons (tbsp) = 1 fluid ounce
10 deciliters (dL) = 1 liter	1 cup (c) = 8 fluid ounces
1 dekaliter (daL) = 10 liters	1 pint (pt) = 2 cups
1 hectoliter (hL) = 100 liters	1 quart (qt) = 2 pints
1 kiloliter (kL) = 1,000 liters	1 gallon (gal) = 4 quarts
Mass	
1,000 milligrams (mg) = 1 gram (g)	1 pound (lb) = 16 ounces
100 centigrams (cg) = 1 gram	1 ton (T) = 2,000 pounds
10 decigrams (dg) = 1 gram	
1 dekagram (dag) = 10 grams	
1 hectogram (hg) = 100 grams	
1 kilogram (kg) = 1,000 grams	
1 metric ton = 1,000 kilograms	
Weight	

Table of Units of Time	
Time	
1 minute (min) = 60 seconds (sec)	1 year = 365 days
1 hour (hr) = 60 minutes	1 leap year = 366 days
1 day = 24 hours	1 decade = 10 years
1 week (wk) = 7 days	1 century = 100 years
1 month, about 30 days	1 millennium = 1,000 years
1 year (yr) = 12 months (mo) or about 52 weeks	
Table of Formulas	
Perimeter	
Polygon	
$P = \text{sum of the lengths of the sides}$	
Rectangle	
$P = 2(l + w)$ or $P = 2l + 2w$	
Square	
$P = 4s$	
Area	
Rectangle	
$A = lw$ or $A = bh$	
Square	
$A = s \cdot s$	