

## **Metric Conversions**

1 kilometer = 1000 meters

1 meter = 100 centimeters

1 kilogram = 1000 grams

1 liter = 1000 milliliters

## **Standard Conversions**

1 mile = 5,280 feet

1 yard = 3 feet

1 foot = 12 inches

1 pound = 16 ounces

1 gallon = 4 quarts

1 quart = 2 pints

1 pint = 2 cups

## **Time Conversions**

1 hour = 60 minutes

1 minute = 60 seconds