

## Metric Conversions

- 1 kilometer = 1000 meters
- 1 meter = 100 centimeters
- 1 centimeter = 10 millimeters
- 1 kilogram = 1000 grams
- 1 liter = 1000 milliliters

## Standard Conversions

- 1 mile = 5,280 feet
- 1 yard = 3 feet
- 1 foot = 12 inches
- 1 ton = 2,000 pounds
- 1 pound = 16 ounces
- 1 gallon = 4 quarts
- 1 quart = 2 pints
- 1 pint = 2 cups
- 1 cup = 8 fluid ounces

## Time Conversions

- 1 week = 7 days
- 1 day = 24 hours
- 1 hour = 60 minutes
- 1 minute = 60 seconds

## Formulas

$$V = l \cdot w \cdot h$$

$$V = B \cdot h$$