

## 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

$$A = bh$$

$$A = lw$$

$$A = s^2$$

$$A = \frac{1}{2}bh$$

$$A = \frac{1}{2}h(b_1 + b_2)$$

$$A = \frac{1}{2}(d_1 \cdot d_2)$$

$$V = lwh$$

$$V = Bh$$