

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

$$A = bh$$

$$A = lw$$

$$A = s^2$$

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

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

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

$$A = \pi r^2$$

$$SA = 2B + Ph$$

$$C = 2\pi r$$

$$V = lwh$$

$$V = Bh$$