

Table of Measures

Time	
60 seconds (sec) = 1 minute (min)	365 days
60 minutes = 1 hour (h)	52 weeks (approx.) = 1 year
24 hours = 1 day (d)	12 months
7 days = 1 week (wk)	10 years = 1 decade
4 weeks ≈ 1 month	100 years = 1 century

Metric
Length
10 millimeters (mm) = 1 centimeter (cm)
100 cm = 1 meter (m)
1000 mm = 1 kilometer (km)
Area
100 square millimeters (mm ²) = 1 square centimeter (cm ²)
10,000 cm ² = 1 square meter (m ²)
10,000 m ² = 1 hectare (ha)
Volume
1000 cubic millimeters (mm ³) = 1 cubic centimeter (cm ³)
1,000,000 cm ³ = 1 cubic meter (m ³)
Capacity
1000 milliliters (mL) = 1 liter (L)
1000 cubic centimeters (cm ³) = 1 liter (L)
1000 L = 1 kiloliter (kL)
Mass
1000 milligrams (mg) = 1 gram (g)
1000 g = 1 kilogram (kg)
1000 kg = 1 metric ton (t)

United States Customary
Length
12 inches (in.) = 1 foot (ft)
36 in. = 1 yard (yd)
3 ft = 1 yard (yd)
5280 ft = 1 mile (mi)
1760 yd = 1 mile (mi)
Area
144 square inches (in. ²) = 1 square foot (ft ²)
9 ft ² = 1 square yard (yd ²)
43,560 ft ² = 1 acre (A)
4840 yd ² = 1 acre (A)
Volume
1728 cubic inches (in. ³) = 1 cubic foot (ft ³)
27 ft ³ = 1 cubic yard (yd ³)
Capacity
8 fluid ounces (fl oz) = 1 cup (c)
2 c = 1 pint (pt)
2 pt = 1 quart (qt)
4 qt = 1 gallon (gal)
Weight
16 ounces (oz) = 1 pound (lb)
2000 lb = 1 ton

Conversions Between Systems			
Length	1 in. = 2.54 cm	1 ft = 0.3048 m	1 mi ≈ 1.609 km
Capacity	1 fl oz ≈ 29.573 mL	1 qt ≈ 0.946 L	1 gal ≈ 3.785 L
Mass/Weight	1 oz ≈ 28.35 g	1 lb ≈ 0.454 kg	