

Table of Measures

Time

60 seconds (sec) = 1 minute (min)

60 minutes = 1 hour (h)

24 hours = 1 day (d)

7 days = 1 week (wk)

4 weeks (approx.) = 1 month

365 days
52 weeks (approx.) = 1 year

12 months
10 years = 1 decade

100 years = 1 century

Metric

Length

10 millimeters (mm) = 1 centimeter (cm)

100 cm
1000 mm = 1 meter (m)

1000 m = 1 kilometer (km)

Area

100 square millimeters = 1 square centimeter
(mm²) (cm²)

10,000 cm² = 1 square meter (m²)

10,000 m² = 1 hectare (ha)

Volume

1000 cubic millimeters = 1 cubic centimeter
(mm³) (cm³)

1,000,000 cm³ = 1 cubic meter (m³)

Liquid Capacity

1000 milliliters (mL)
1000 cubic centimeters (cm³) = 1 liter (L)

1000 L = 1 kiloliter (kL)

Mass

1000 milligrams = 1 gram (g)

1000 g = 1 kilogram (kg)

1000 kg = 1 metric ton (t)

Temperature Degrees Celcius (°C)

0°C = freezing point of water

37°C = normal body temperature

100°C = boiling point of water

United States Customary

Length

12 inches (in.) = 1 foot (ft)

36 in.
3 ft = 1 yard (yd)

5280 ft
1760 yd = 1 mile (mi)

Area

144 square inches (in.²) = 1 square foot (ft²)

9 ft² = 1 square yard (yd²)

43,560 ft²
4840 yd² = 1 acre (A)

Volume

1728 cubic inches (in.³) = 1 cubic foot (ft³)

27 ft³ = 1 cubic foot (yd³)

Liquid 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

Temperature Degrees Fahrenheit (°F)

32°F = freezing point of water

98.6°F = normal body temperature

212°F = boiling point of water