

Table of Measures

Time

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

Metric

Length

10 millimeters (mm)	= 1 centimeter (cm)
100 cm] = 1 meter (m)
1000 mm	
1000 m	= 1 kilometer (km)

Area

100 square millimeters	= 1 square centimeter
(mm ²)	(cm ²)
10,000 cm ²	= 1 square meter (m ²)
10,000 m ²	= 1 hectare (ha)

Volume

1000 cubic millimeters	= 1 cubic centimeter
(mm ³)	(cm ³)
1,000,000 cm ³	= 1 cubic meter (m ³)

Liquid Capacity

1000 millimeters (mL)] = 1 liter (L)
1000 cubic centimeters (cm ³)	
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.] = 1 yard (yd)
3 ft	
5280 ft] = 1 mile (mi)
1760 yd	

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	

Volume

1728 cubic inches (in. ³)	= 1 cubic foot (ft ³)
27 ft ³	= 1 cubic foot (yd ³)

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