

MEASUREMENT CONVERSION CHART

LENGTH

METRIC

1 kilometer = 1,000 meters
 1 meter = 100 centimeters
 1 meter = 1,000 millimeters
 1 centimeter = 10 millimeters

U.S. CUSTOMARY

1 mile = 5,280 feet
 1 mile = 1,760 yards
 1 yard = 3 feet
 1 foot = 12 inches

CAPACITY

METRIC

1 liter = 1,000 milliliters

U.S. CUSTOMARY

1 gallon = 4 quarts
 1 quart = 2 pints
 1 pint = 2 cups
 1 cup = 8 fluid ounces

MASS AND WEIGHT

METRIC

1 kilogram = 1,000 grams
 1 gram = 1,000 milligrams

U.S. CUSTOMARY

1 ton = 2,000 pounds
 1 pound = 16 ounces

TIME

1 year = 365 days • 1 year = 52 weeks • 1 year = 12 months
 1 week = 7 days • 1 day = 24 hours • 1 hour = 60 minutes • 1 minute = 60 seconds

METRIC PREFIX LADDER

To convert to a smaller unit, multiply by 10 for each step and move the decimal RIGHT.

k	h	da	UNIT	d	c	m
Kilo	Hecto	Deka	meter • liter • gram	Deci	Centi	Milli
1,000	100	10	1	0.1	0.01	0.001

To convert to a larger unit, divide by 10 for each step and move the decimal LEFT.

Example: 3.5 meters = 350 centimeters (move 2 steps right).