

Measures

Time	
60 seconds (sec) = 1 minute (min) 60 minutes = 1 hour (h) 24 hours = 1 day 7 days = 1 week 4 weeks (approx.) = 1 month	$\left. \begin{array}{l} 365 \text{ days} \\ 52 \text{ weeks (approx.)} \\ 12 \text{ months} \end{array} \right\} = 1 \text{ year}$ 10 years = 1 decade 100 years = 1 century

Metric	United States Customary
Length 10 millimeters (mm) = 1 centimeter (cm) $\left. \begin{array}{l} 100 \text{ cm} \\ 1000 \text{ mm} \end{array} \right\} = 1 \text{ meter (m)}$ 1000 m = 1 kilometer (km)	Length 12 inches (in.) = 1 foot (ft) $\left. \begin{array}{l} 36 \text{ in.} \\ 3 \text{ ft} \end{array} \right\} = 1 \text{ yard (yd)}$ $\left. \begin{array}{l} 5280 \text{ ft} \\ 1760 \text{ yd} \end{array} \right\} = 1 \text{ mile (mi)}$
Area 100 square millimeters = 1 square centimeter $\left. \begin{array}{l} (\text{mm}^2) \\ (\text{cm}^2) \end{array} \right\}$ 10,000 cm ² = 1 square meter (m ²) 10,000 m ² = 1 hectare (ha)	Area 144 square inches (in. ²) = 1 square foot (ft ²) 9 ft ² = 1 square yard (yd ²) $\left. \begin{array}{l} 43,560 \text{ ft}^2 \\ 4840 \text{ yd}^2 \end{array} \right\} = 1 \text{ acre (A)}$
Volume 1000 cubic millimeters = 1 cubic centimeter $\left. \begin{array}{l} (\text{mm}^3) \\ (\text{cm}^3) \end{array} \right\}$ 1,000,000 cm ³ = 1 cubic meter (m ³)	Volume 1728 cubic inches (in. ³) = 1 cubic foot (ft ³) 27 ft ³ = 1 cubic yard (yd ³)
Liquid Capacity $\left. \begin{array}{l} 1000 \text{ milliliters (mL)} \\ 1000 \text{ cubic centimeters (cm}^3\text{)} \end{array} \right\} = 1 \text{ liter (L)}$ 1000 L = 1 kiloliter (kL)	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)
Mass 1000 milligrams (mg) = 1 gram (g) 1000 g = 1 kilogram (kg) 1000 kg = 1 metric ton (t)	Weight 16 ounces (oz) = 1 pound (lb) 2000 lb = 1 ton
Temperature Degrees Celsius (°C) 0°C = freezing point of water 37°C = normal body temperature 100°C = boiling point of water	Temperature Degrees Fahrenheit (°F) 32°F = freezing point of water 98.6°F = normal body temperature 212°F = boiling point of water