

Measurement Equivalents to Memorize

1 kilogram (kg) = 1000 grams (g)
1 gram (g) = 1000 milligrams (mg)

1 gallon (gal) = 4 quarts (qt)
1 cup (c) = 8 fluid ounces (fl oz)
1 quart (qt) = 4 cups (c)
1 pint (pt) = 2 cups (c)

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

1 liter (l) = 1000 milliliters (ml)

1 yard (yd) = 36 inches (in)
1 yard (yd) = 3 feet (ft)
1 foot (ft) = 12 inches (in)
1 mile (mi) = 5280 feet (ft)

1 ton (T) = 2000 pounds (lb)
1 pound (lb) = 16 ounces (oz)

1 year (yr) = 365 days
1 year (yr) = 52 weeks (wk)
1 minute (min) = 60 seconds (sec)
1 hour (hr) = 60 minutes (min)
1 day = 24 hours (hr)
1 century = 100 years (yr)
1 decade = 10 years (yr)
1 millennium = 1000 years (yr)