

Measurement Conversion Chart

LENGTH

Metric

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

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

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

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