

MEASUREMENT CHART

LENGTH

Metric	Customary
1 kilometer = 1000 meters 1 meter = 100 centimeters 1 centimeter = 10 millimeters	1 mile = 1760 yards 1 mile = 5280 feet 1 yard = 3 feet 1 foot = 12 inches

CAPACITY AND VOLUME

Metric	Customary
1 liter = 1000 milliliters	1 gallon = 4 quarts 1 gallon = 128 ounces 1 quart = 2 pints 1 pint = 2 cups 1 cup = 8 ounces

MASS AND WEIGHT

Metric	Customary
1 kilogram = 1000 grams 1 gram = 1000 milligrams	1 ton = 2000 pounds 1 pound = 16 ounces

TIME

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