

Measurement Conversion Chart

Customary, metric, and time facts

Customary Length	
1 foot (ft)	= 12 inches (in)
1 yard (yd)	= 3 feet = 36 inches
1 mile (mi)	= 5,280 feet = 1,760 yards
Customary Weight	
1 pound (lb)	= 16 ounces (oz)
1 ton (T)	= 2,000 pounds
Customary Capacity	
1 cup (c)	= 8 fluid ounces (fl oz)
1 pint (pt)	= 2 cups
1 quart (qt)	= 2 pints = 4 cups
1 gallon (gal)	= 4 quarts = 16 cups
Metric Length	
1 centimeter (cm)	= 10 millimeters (mm)
1 meter (m)	= 100 centimeters = 1,000 millimeters
1 kilometer (km)	= 1,000 meters
Metric Mass	
1 gram (g)	= 1,000 milligrams (mg)
1 kilogram (kg)	= 1,000 grams
1 metric ton (t)	= 1,000 kilograms
Metric Capacity	
1 liter (L)	= 1,000 milliliters (mL)
Time	
1 minute (min)	= 60 seconds (s)
1 hour (hr)	= 60 minutes
1 day	= 24 hours
1 week	= 7 days
1 year	= 12 months = 52 weeks = 365 days (366 in a leap year)

Converting to a smaller unit means more of them — multiply. Converting to a bigger unit means fewer — divide.
Feet to inches: multiply by 12. Inches to feet: divide by 12.