Customary & Metric Units Measurement Chart





Length

| Customary Units | |
|-----------------|-------------|
| 1 foot | 12 inches |
| 1 yand | 3 feet |
| 1 yand | 36 inches |
| 1 mile | 1,760 yards |
| 1 mile | 5,280 feet |

| Metric Units | |
|--------------------------|-----------------|
| 1 meter 1000 millimeters | |
| 1 meter | 100 centimeters |
| 1 meter | 10 decimeters |
| 1 decameter | 10 meters |
| 1 hectometer | 100 meters |
| 1 kilometer | 1000 meters |

| Customary - Metric Conversion | |
|--------------------------------------|-------------------|
| 1 inch | 2.54 centimeters |
| 1 foot | 0.3048 meters |
| 1 yard | 0.9144 meters |
| 1 mile | 1.609 killometers |

Capacity

| Customary Units | | |
|---------------------------|----------------|--|
| 1 tablespoon 3 teaspoons | | |
| fluid ounce 2 tablespoons | | |
| 1 cup | 8 fluid ounces | |
| 1 plint | 2 cups | |
| 1 quart | 4 cups | |
| 1 quart | 2 pints | |
| 1 gallon | 4 quarts | |
| 1 gallon 128 fluid ounces | | |

| Metric Units | | |
|-------------------------|-------------------|--|
| 1 litter | 1,000 milliliters | |
| 1 liter 100 centiliters | | |
| 1 liter | 10 deciliters | |
| 1 decaliter | 10 liters | |
| 1 hectoliter | liter 100 liters | |
| 1 killoliters | 1,000 liters | |

| Customary - Metric Conversion | |
|--------------------------------------|---------------------|
| 1 teaspoon | 4.929 milliliters |
| 1 tablespoon | 14.787 milliliters |
| 1 fluid ounce | 29.574 milliliters |
| 1 cup | 236.59 milliliters |
| 1 pint | 473.176 milliliters |
| 1 quart | 0.9-66 liters |
| 1 gallon | 3.785 liters |

Weight / Mass

| | Customary Units | |
|------------|-----------------|--|
| 1 pound 16 | ounces | |
| 1 ton 2. | 000 pounds | |

| Metric Units | | |
|------------------------------|-------------------|--|
| 1 gram 1,000 milligrams | | |
| 1 gram | 100 centigrams | |
| 1 kilogram | ogram 1,000 grams | |
| 1 metric ton 1,000 kilograms | | |

| Customary - N | Metric Conversion |
|---------------|--------------------------|
| 1 ounce | 28.350 grams |
| 1 pound | 0.454 killograms |
| 1 kilogram | 2.205 pound |

Temperature

| Customary Units | | |
|------------------|---------|--|
| Water Freezes | 32 °F | |
| Water Boils | 212 °F | |
| Normal Body Temp | 98.6 °F | |

| Metric Units | |
|------------------|--------|
| Water Freezes | 0 °C |
| Water Boils | 100 °C |
| Normal Body Temp | 37 °C |

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United States. National Bureau of Standards

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