Grade 7 FAST Mathematics Reference Sheet

Conversions within a System of Measure

Customary Conversions

1 foot = 12 inches
1 yard = 3 feet
1 mile = 5,280 feet
1 mile = 1,760 yards

1 cup = 8 fluid ounces
1 pint = 2 cups
1 quart = 2 pints
1 gallon = 4 quarts

1 pound = 16 ounces
1 ton = 2,000 pounds

Metric Conversions

1 meter = 100 centimeters
1 meter = 1000 millimeters
1 kilometer = 1000 meters

1 liter = 1000 milliliters

1 gram = 1000 milligrams
1 kilogram = 1000 grams

Time Conversions

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

Conversions between Systems of Measure

Customary to Metric Conversion Approximations

1 inch = 2.54 centimeters
1 foot = 0.305 meters
1 mile = 1.61 kilometers

1 cup = 0.24 liters
1 gallon = 3.785 liters
1 ounce = 28.35 grams
1 pound = 0.454 kilograms

Metric to Customary Conversion Approximations

1 centimeter = 0.39 inches
1 meter = 3.28 feet
1 kilometer = 0.62 miles

1 liter = 4.23 cups
1 liter = 0.264 gallons
1 gram = 0.0352 ounces
1 kilogram = 2.204 pounds

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Formulas

| Parallelogram | $A = bh$ |
| Or Rhombus | $A = lw$ |

| Trapezoid | $A = \dfrac{1}{2}h(b_1 + b_2)$ |

| Circle | $C = 2\pi r$ or $C = \pi d$ |
| | $A = \pi r^2$ |

| Right Circular Cylinder | $V = Bh$ or $V = \pi r^2 h$ |

Key	
b = base	A = area
h = height	C = circumference
l = length	V = volume
w = width	
r = radius	
d = diameter	
B = area of base	

Simple Interest Formula

$$I = prt$$

where I = interest, p = principal, r = rate, t = time

Percent Error Formula

$$\frac{|Estimate - Actual|}{Actual} \times 100$$

Percent of Change

$$\frac{final\ value - initial\ value}{initial\ value} \times 100$$