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| **Common Conversions** |
| **Time** |
| 1 min = 60 sec  1 hr = 60 min  1 day = 24 hours  1 yr = 365 day  1 yr = 12 months  1 yr = 52 weeks  1 wk = 7 days |

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| **Distance** | | |
| Metric | Metric to US | US |
| 1000 mm = 1m  10 mm = 1cm  100 cm = 1m  1000 m = 1km | 2.54 cm = 1 in | 1 yd = 3ft  1 ft = 12 in  1 mi = 5280 ft |

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| **Weight** | | |
| Metric | Metric to US | US |
| 1000 mg = 1g  10 mg = 1cg  100 cg = 1g  1000 g = 1kg | 1 kg = 2.2 lb | 1 lb = 16 oz  1 ton = 200 lb |

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| **Liquid Volume** | | |
| Metric | Metric to US | US |
| 1000 mL = 1L  10 mL = 1cL  100 cL = 1L  1000 L = 1kL | 1 fl oz = 30 mL  1 pint = 500mL  1 tbsp = 15 mL  1 tsb = 5 mL | 2 cups = 1 pint  1 qt = 2 pint  1 gal = 4 qt  ¼ cup = 4 tbsp |

