Grade 4 FAST Mathematics Reference Sheet

Customary Conversions

1 foot = 12 inches
1 yard = 3 feet

1 pint = 2 cups
1 quart = 2 pints
1 gallon = 4 quarts

(lb) 1 pound = 16 ounces (oz)

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

Formulas

Rectangle $P = l + l + w + w$
$A = l \times w$

Key	
l = length w = width	P = perimeter A = area

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