*hiset®

Formula Sheet

Perimeter / Circumference

Rectangle

$Perimeter = 2(length) + 2(width)$

Circle

$Circumference = 2\pi(radius)$

Area

Circle

$Area = \pi(radius)^2$

Triangle

$Area = \frac{1}{2}(base)(height)$

Parallelogram

$Area = (base)(height)$

Trapezoid

$Area = \frac{1}{2}(base_1 + base_2)(height)$

Volume

Prism/Cylinder

$Volume = (area\ of\ the\ base)(height)$

Pyramid/Cone

$Volume = \frac{1}{3}(area\ of\ the\ base)(height)$

Sphere

$Volume = \frac{4}{3}\pi(radius)^3$

Length

1 foot = 12 inches

1 yard = 3 feet

1 mile = 5,280 feet

1 meter = 1,000 millimeters

1 meter = 100 centimeters

1 kilometer = 1,000 meters

1 mile ≈ 1.6 kilometers

1 inch = 2.54 centimeters

1 foot ≈ 0.3 meter

Capacity / Volume

1 cup = 8 fluid ounces

1 pint = 2 cups

1 quart = 2 pints

1 gallon = 4 quarts

1 gallon = 231 cubic inches

1 liter = 1,000 milliliters

1 liter ≈ 0.264 gallon

Weight

1 pound = 16 ounces

1 ton = 2,000 pounds

1 gram = 1,000 milligrams

1 kilogram = 1,000 grams

1 kilogram ≈ 2.2 pounds

1 ounce ≈ 28.3 grams