

ISTEP+ Mathematics Reference Sheet

Grade 7

Formulas

$$\text{Area of Rectangle} = lw$$

$$\text{Area of Triangle} = \frac{1}{2}bh$$

$$\text{Area of Parallelogram} = bh$$

$$\text{Area of Trapezoid} = \frac{1}{2}h(b_1 + b_2)$$

$$\text{Circumference of Circle} = 2\pi r \text{ or } \pi d$$

$$\text{Area of Circle} = \pi r^2$$

$$\text{Volume of Right Rectangular Prism} = lwh \text{ or } Bh$$

$$\text{Volume of Right Cylinder} = \pi r^2 h$$

Conversions

$$1 \text{ foot} = 12 \text{ inches}$$

$$1 \text{ yard} = 3 \text{ feet}$$

$$1 \text{ mile} = 5,280 \text{ feet}$$

$$1 \text{ mile} = 1,760 \text{ yards}$$

$$1 \text{ cup} = 8 \text{ fluid ounces}$$

$$1 \text{ pint} = 2 \text{ cups}$$

$$1 \text{ quart} = 2 \text{ pints}$$

$$1 \text{ gallon} = 4 \text{ quarts}$$

$$1 \text{ pound} = 16 \text{ ounces}$$

$$1 \text{ ton} = 2,000 \text{ pounds}$$

$$1 \text{ meter} = 1,000 \text{ millimeters}$$

$$1 \text{ meter} = 100 \text{ centimeters}$$

$$1 \text{ kilometer} = 1,000 \text{ meters}$$

$$1 \text{ gram} = 1,000 \text{ milligrams}$$

$$1 \text{ kilogram} = 1,000 \text{ grams}$$

$$1 \text{ liter} = 1,000 \text{ milliliters}$$

$$1 \text{ inch} = 2.54 \text{ centimeters}$$

$$1 \text{ mile} = 1.609 \text{ kilometers}$$

$$1 \text{ pound} = 0.454 \text{ kilogram}$$

$$1 \text{ gallon} = 3.785 \text{ liters}$$

$$1 \text{ meter} = 39.37 \text{ inches}$$

$$1 \text{ kilometer} = 0.62 \text{ mile}$$

$$1 \text{ kilogram} = 2.2 \text{ pounds}$$

$$1 \text{ liter} = 0.264 \text{ gallon}$$

