ISTEP+ Mathematics Reference Sheet

Grade 7

Formulas

Area of Rectangle = lw
Area of Triangle = $\frac{1}{2}bh$
Area of Parallelogram = bh
Area of Trapezoid = $\frac{1}{2}h(b_1 + b_2)$
Circumference of Circle = $2\pi r$ or πd
Area of Circle = πr^2
Volume of Right Rectangular Prism = lwh or Bh
Volume of Right Cylinder = $\pi r^2 h$

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

1 meter = 1,000 millimeters
1 meter = 100 centimeters
1 kilometer = 1,000 meters

1 gram = 1,000 milligrams
1 kilogram = 1,000 grams

1 liter = 1,000 milliliters

1 inch = 2.54 centimeters
1 mile = 1.609 kilometers
1 pound = 0.454 kilogram
1 gallon = 3.785 liters

1 meter = 39.37 inches
1 kilometer = 0.62 mile
1 kilogram = 2.2 pounds
1 liter = 0.264 gallon

Printed in U.S.A.
1 2 3 4 5 ROV 16 15 14

2706995