

Converting Units of Measurement

Name: _____ Date: _____ Score: _____ / 18

Quick Review and Helpful Hints

To convert units, multiply by the right conversion factor. Handy ones: 1 ft = 12 in, 1 yd = 3 ft, 1 m = 100 cm, 1 km = 1000 m, 1 lb = 16 oz, 1 hr = 60 min, 1 min = 60 s.

► **Example:** Convert 3 ft to inches. **Work:** Since 1 ft = 12 in, multiply: $3 \times 12 = 36$.
 ★ **Answer:** 36 in

1 ft = 12 in

Multiply by the conversion factor.

Practice Problems

Convert each measurement.

- | | | | |
|-------------------|-------|--------------------|-------|
| 1. 3 ft to inches | _____ | 8. 24 in to ft | _____ |
| 2. 2 yd to feet | _____ | 9. 9 ft to yd | _____ |
| 3. 5 m to cm | _____ | 10. 300 cm to m | _____ |
| 4. 2 km to m | _____ | 11. 3000 m to km | _____ |
| 5. 4 lb to oz | _____ | 12. 48 oz to lb | _____ |
| 6. 2 hr to min | _____ | 13. 180 min to hr | _____ |
| 7. 5 min to sec | _____ | 14. 6 ft to inches | _____ |

Word Problems

15. A stage crew cuts two shelf braces that are each 2 ft long. The supply sheet must list the total brace length in inches. How many inches of brace material are needed?

16. A community fun run has a 2 km loop followed by a 3 km straight finish. The timing system records meters. How many meters is the full route?

17. At a clinic, a scale reads 96 oz with a blanket. The blanket weighs 16 oz, so the baby is 80 oz. What is the baby's weight in pounds?

18. A GED prep class reserves a 2 hr review block that includes instruction, practice, and a short break. How many total minutes are reserved?



Answer Keys

- | | | |
|------------|----------|-------------|
| 1. 36 in | 7. 300 s | 13. 3 hr |
| 2. 6 ft | 8. 2 ft | 14. 72 in |
| 3. 500 cm | 9. 3 yd | 15. 48 in |
| 4. 2000 m | 10. 3 m | 16. 5000 m |
| 5. 64 oz | 11. 3 km | 17. 5 lb |
| 6. 120 min | 12. 3 lb | 18. 120 min |

Step-by-Step Explanations

1. Start by naming the process: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $3 \times 12 = 36$ in. So the final answer is 36.
2. A good way to think about this is: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $2 \times 3 = 6$ ft. So the final answer is 6.
3. Step by step: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $5 \times 100 = 500$ cm. So the final answer is 500.
4. Take it one move at a time: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $2 \times 1000 = 2000$ m. So the final answer is 2000.
5. Start by naming the process: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $4 \times 16 = 64$ oz. So the final answer is 64.
6. A good way to think about this is: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $2 \times 60 = 120$ min. So the final answer is 120.
7. Step by step: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $5 \times 60 = 300$ s. So the final answer is 300.
8. Take it one move at a time: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $24 \div 12 = 2$ ft. So the final answer is 2.
9. Start by naming the process: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $9 \div 3 = 3$ yd. So the final answer is 3.
10. A good way to think about this is: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $300 \div 100 = 3$ m. So the final answer is 3.
11. Step by step: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $3000 \div 1000 = 3$ km. So the final answer is 3.
12. Take it one move at a time: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $48 \div 16 = 3$ lb. So the final answer is 3.
13. Start by naming the process: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $180 \div 60 = 3$ hr. So the final answer is 3.
14. A good way to think about this is: Read what the problem is asking, choose the matching rule, write the setup, and then simplify one step at a time. The setup/work is $6 \times 12 = 72$ in. So the final answer is 72.
15. First find the total brace length: two 2-ft braces make 4 ft altogether. Since each foot has 12 inches, multiply $4 \times 12 = 48$. The supply sheet should list 48 in.
16. Add the two route parts first: $2 \text{ km} + 3 \text{ km} = 5 \text{ km}$. Then convert kilometers to meters by multiplying by 1000: $5 \times 1000 = 5000$. The full route is 5000 m.
17. Subtract the blanket to get the baby's weight: $96 - 16 = 80$ oz. Since 16 oz equals 1 lb, divide $80 \div 16 = 5$. The baby weighs 5 lb.
18. The class block is listed in hours, but the schedule needs minutes. Each hour is 60 minutes, so $2 \times 60 = 120$. The reserved block is 120 min.



Keep Building AFOQT Math Skills

Recommended Effortless Math resources



The Most Comprehensive AFOQT Math Preparation Bundle

Use the complete AFOQT Math resource for review, worked examples, extra practice, and test-style questions after each worksheet.



Scan Me
Download Instantly

STUDENT FAVORITE - AFOQT Math for Beginners



AFOQT Math for Beginners 2026

Step-by-step lessons, topic practice, and full review support for students who want a calm path through AFOQT Math preparation.

A strong companion for self-study, tutoring, homework, and targeted review.

PDF Edition



Scan Me
Download Instantly

For more AFOQT Math prep, visit EffortlessMath.com/AFOQT