

**Oklahoma State Testing Program**  
**7<sup>th</sup> Grade Mathematics Formula Sheet**

**UNIT CONVERSIONS**

1 foot = 12 inches	1 pound = 16 ounces	1 cup = 8 fluid ounces
1 yard = 3 feet	1 ton = 2000 pounds	1 pint = 2 cups
1 mile = 5280 feet	1 kilogram = 1000 grams	1 quart = 2 pints
1 mile = 1760 yards		1 gallon = 4 quarts
1 meter = 100 centimeters		
1 meter = 1000 millimeters		

**AREA**

Square	$A = s^2$	Parallelogram	$A = bh$
Rectangle	$A = lw$	Circle	$A = \pi r^2$
Triangle	$A = \frac{1}{2}bh$	Trapezoid	$A = \frac{1}{2}(b_1 + b_2)h$

**CIRCUMFERENCE**

Circle	$C = \pi d$ or $C = 2\pi r$
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**VOLUME**

Rectangular Prism	$V = Bh$ or $V = lwh$
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**SURFACE AREA**

Rectangular Prism	$S = 2B + Ph$ or $S = 2lw + 2lh + 2wh$
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**LINEAR EQUATIONS**

Slope formula	$m = \frac{y_2 - y_1}{x_2 - x_1}$	Direct Variation	$y = kx$
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**OTHER**

$$d = rt$$