

**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 $C = 2\pi r$ |
|--------|-----------------------------|

**VOLUME**

|                   |                       |
|-------------------|-----------------------|
| Rectangular Prism | $V = Bh$ or $V = lwh$ |
|-------------------|-----------------------|

**SURFACE AREA**

|                   |                                        |
|-------------------|----------------------------------------|
| Rectangular Prism | $S = 2B + Ph$ or $S = 2lw + 2lh + 2wh$ |
|-------------------|----------------------------------------|

**LINEAR EQUATIONS**

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

**OTHER**

$$d = rt$$

