



FAST/B.E.S.T. Mathematics Reference Sheets Packet

- Grade 4 FAST Mathematics Reference Sheet
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- Grade 8 FAST Mathematics Reference Sheet (2 pages)
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- B.E.S.T. Geometry EOC Mathematics Reference Sheet (2 pages)

Spring 2024

Grade 4 FAST Mathematics Reference Sheet

Customary Conversions

1 foot = 12 inches

1 yard = 3 feet

1 pint = 2 cups

1 quart = 2 pints

1 gallon = 4 quarts

1 pound = 16 ounces

Time Conversions

1 minute = 60 seconds

1 hour = 60 minutes

Formulas

Rectangle $P = l + l + w + w$
 $A = l \times w$

Metric Conversions

1 meter = 100 centimeters

1 meter = 1000 millimeters

1 kilometer = 1000 meters

1 liter = 1000 milliliters

1 gram = 1000 milligrams

1 kilogram = 1000 grams

Key	
l = length w = width	P = perimeter A = area

Grade 5 FAST Mathematics Reference Sheet

Customary 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

Time Conversions

1 minute = 60 seconds
 1 hour = 60 minutes
 1 day = 24 hours
 1 week = 7 days

Formulas

Rectangle $P = l + l + w + w$
 $P = 2l + 2w$
 $A = l \times w$

Rectangular Prism $V = l \times w \times h$
 or
 $V = B \times h$

Metric Conversions

1 centimeter = 10 millimeters
 1 meter = 100 centimeters
 1 meter = 1000 millimeters
 1 kilometer = 1000 meters

1 liter = 1000 milliliters

1 gram = 1000 milligrams
 1 kilogram = 1000 grams

Key	
l = length	P = perimeter
w = width	A = area
h = height	V = volume
B = area of the base	

Grade 6 FAST Mathematics Reference Sheet

Customary 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

Time Conversions

1 minute = 60 seconds
 1 hour = 60 minutes
 1 day = 24 hours
 1 week = 7 days
 1 year = 365 days
 1 year = 52 weeks

Formulas

Rectangular Prism

$$V = lwh$$

or

$$V = Bh$$

Metric Conversions

1 meter = 100 centimeters
 1 meter = 1000 millimeters
 1 kilometer = 1000 meters

1 liter = 1000 milliliters

1 gram = 1000 milligrams
 1 kilogram = 1000 grams

Key	
l = length	B = area of base
w = width	V = volume
h = height	

Grade 7 FAST Mathematics Reference Sheet

Conversions within a System of Measure

Customary 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

Metric Conversions

1 meter = 100 centimeters
 1 meter = 1000 millimeters
 1 kilometer = 1000 meters

1 liter = 1000 milliliters

1 gram = 1000 milligrams
 1 kilogram = 1000 grams

Time Conversions

1 minute = 60 seconds
 1 hour = 60 minutes
 1 day = 24 hours
 1 week = 7 days
 1 year = 365 days
 1 year = 52 weeks

Conversions between Systems of Measure

Customary to Metric Conversion Approximations

1 inch = 2.54 centimeters
 1 foot = 0.305 meters
 1 mile = 1.61 kilometers

1 cup = 0.24 liters
 1 gallon = 3.785 liters
 1 ounce = 28.35 grams
 1 pound = 0.454 kilograms

Metric to Customary Conversion Approximations

1 centimeter = 0.39 inches
 1 meter = 3.28 feet
 1 kilometer = 0.62 miles

1 liter = 4.23 cups
 1 liter = 0.264 gallons
 1 gram = 0.0352 ounces
 1 kilogram = 2.204 pounds

Grade 7 FAST Mathematics Reference Sheet

Formulas

Parallelogram $A = bh$

Or Rhombus $A = lw$

Trapezoid $A = \frac{1}{2}h(b_1 + b_2)$

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

$A = \pi r^2$

Right Circular
Cylinder $V = Bh$ or $V = \pi r^2 h$

Key	
$b =$ base	$A =$ area
$h =$ height	$C =$ circumference
$l =$ length	$V =$ volume
$w =$ width	
$r =$ radius	
$d =$ diameter	
$B =$ area of base	

Simple Interest Formula

$$I = prt$$

where $I =$ interest, $p =$ principal,
 $r =$ rate, $t =$ time

Percent Error Formula

$$\frac{|Estimate - Actual|}{Actual} \times 100$$

Percent of Change

$$\frac{final\ value - initial\ value}{initial\ value} \times 100$$

Grade 8 FAST Mathematics Reference Sheet

Conversions within a System of Measure

Customary 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

Metric Conversions

1 meter = 100 centimeters
 1 meter = 1000 millimeters
 1 kilometer = 1000 meters

 1 liter = 1000 milliliters

 1 gram = 1000 milligrams
 1 kilogram = 1000 grams

Time Conversions

1 minute = 60 seconds
 1 hour = 60 minutes
 1 day = 24 hours
 1 week = 7 days
 1 year = 365 days
 1 year = 52 weeks

Conversions between Systems of Measure

Customary to Metric Conversion Approximations

1 inch = 2.54 centimeters
 1 foot = 0.305 meters
 1 mile = 1.61 kilometers

 1 cup = 0.24 liters
 1 gallon = 3.785 liters
 1 ounce = 28.35 grams
 1 pound = 0.454 kilograms

Metric to Customary Conversion Approximations

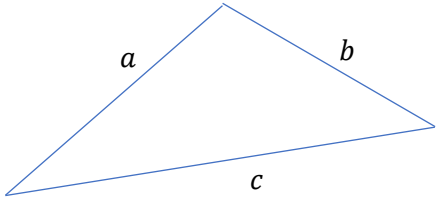
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 1 meter = 3.28 feet
 1 kilometer = 0.62 miles

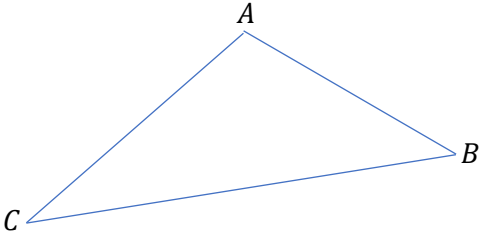
 1 liter = 4.23 cups
 1 liter = 0.264 gallons
 1 gram = 0.0352 ounces
 1 kilogram = 2.204 pounds

Formula

Slope Formula
$m = \frac{y_2 - y_1}{x_2 - x_1}$
where m = slope

Grade 8 FAST Mathematics Reference Sheet**Theorems**

Triangle Inequality Theorem	
	$a + b > c$ $a + c > b$ $b + c > a$

Triangle Sum Theorem	
	$m\angle A + m\angle B + m\angle C = 180^\circ$

B.E.S.T. Algebra 1 EOC Mathematics Reference Sheet**Customary Conversions**

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 1 mile = 1,760 yards

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 1 pint = 2 cups
 1 quart = 2 pints
 1 gallon = 4 quarts

1 pound = 16 ounces
 1 ton = 2,000 pounds

Metric Conversions

1 meter = 100 centimeters
 1 meter = 1000 millimeters
 1 kilometer = 1000 meters

1 liter = 1000 milliliters

1 gram = 1000 milligrams
 1 kilogram = 1000 grams

Time Conversions

1 minute = 60 seconds
 1 hour = 60 minutes
 1 day = 24 hours
 1 year = 365 days
 1 year = 52 weeks

Formulas

Forms of Linear Equations	Forms of Quadratic Functions	Forms of Exponential Functions
$y = mx + b$ $Ax + By = C$ $y - y_1 = m(x - x_1)$	$f(x) = ax^2 + bx + c$ $f(x) = a(x - h)^2 + k$ $f(x) = a(x - p)(x - q)$	$f(x) = ab^x$ $f(x) = a(1 \pm r)^x$

Quadratic Formula
$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$ <p>where $ax^2 + bx + c = 0$ and $a \neq 0$</p>

Final Amounts under Simple Interest	Final Amounts under Compound Interest
$A = P(1 + rt)$ <p>where P = principal, r = rate, and t = time</p>	$A = P \left(1 + \frac{r}{n}\right)^{nt}$ <p>where P = principal, r = rate, n = number of times compounded, and t = time</p>

B.E.S.T. Geometry EOC Mathematics Reference Sheet

Customary 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

Metric Conversions

1 meter = 100 centimeters
 1 meter = 1000 millimeters
 1 kilometer = 1000 meters

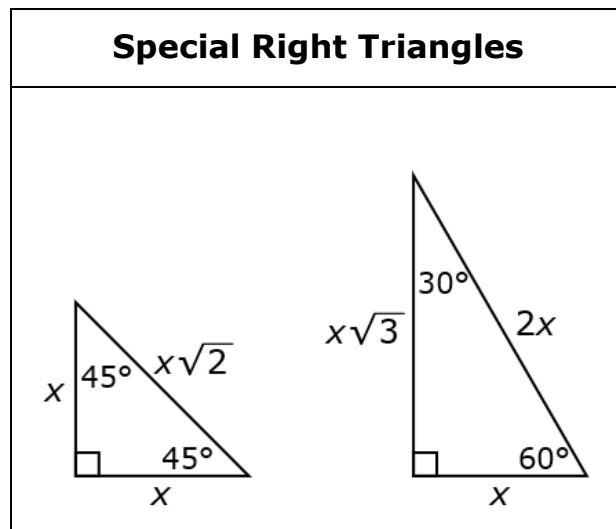
 1 liter = 1000 milliliters

 1 gram = 1000 milligrams
 1 kilogram = 1000 grams

Time Conversions

1 minute = 60 seconds
 1 hour = 60 minutes
 1 day = 24 hours
 1 year = 365 days
 1 year = 52 weeks

Distance Formula	Midpoint Formula	Slope Formula
$d = \sqrt{(x_2 - x_1)^2 + (y_2 - y_1)^2}$	$(x_M, y_M) = \left(\frac{x_1 + x_2}{2}, \frac{y_1 + y_2}{2} \right)$	$m = \frac{y_2 - y_1}{x_2 - x_1}$



B.E.S.T. Geometry EOC Mathematics Reference Sheet**Formulas**

Parallelogram	$A = bh$
Trapezoid	$A = \frac{1}{2}h(b_1 + b_2)$
Circle	$C = 2\pi r$ or $C = \pi d$ $A = \pi r^2$
Regular Polygon	$A = \frac{1}{2}Pa$
Prism/Cylinder	$SA = 2B + Ph$ $V = Bh$
Cone	$SA = B + \pi r h_s$ or $SA = B + \pi r l$ $V = \frac{1}{3}Bh$
Regular Pyramid	$SA = B + \frac{1}{2}Ph_s$ or $SA = B + \frac{1}{2}Pl$ $V = \frac{1}{3}Bh$
Sphere	$SA = 4\pi r^2$ $V = \frac{4}{3}\pi r^3$

Key	
P = perimeter	A = area
a = apothem	C = circumference
h = height	SA = surface area
r = radius	V = volume
h_s = slant height	
l = slant height	
b = base	
d = diameter	
B = area of base	

Trigonometric Ratios		
$\sin \theta = \frac{\textit{opposite}}{\textit{hypotenuse}}$	$\cos \theta = \frac{\textit{adjacent}}{\textit{hypotenuse}}$	$\tan \theta = \frac{\textit{opposite}}{\textit{adjacent}}$