



# Medical Record Card – L1



Measure weights

320g	1.7 kg
9 g	86 mg
0.052kg	29g
4 kg	0.8 kg
3 g	147mg
99 g	0.6 kg
1240 g	8000 g
0.201kg	4300mg

Order, and convert to a different unit eg.. 500g=0.5kg



Measure liquids

- 35ml .....
- 900ml ....
- 1.25 l ....
- 350ml ....
- 0.71 l ....
- 0.23 l ....
- 915 ml ....

Order, and convert to a different unit eg.. 500ml = 0.5 lit



Measure lengths mm



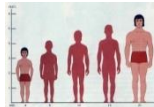
Measure your hand

cm



Measure your foot

m



Measure your height

km



Distance to MK Hospital



Take a temperature

Farenheit =  
double Celsius  
then add 32

C=	F=
C=	F=
C=	F=
C=	F=



Take a pulse rate

bpm is number of beats per minute  
no. of beats      sec      bpm=

	15s	
	30s	
	20s	
	10s	

