

Time Equivalents

60 seconds = 1 minute

60 minutes = 1 hour

24 hours = 1 day

7 days = 1 week

52 weeks = 1 year

12 months = 1 year

365 days = 1 year

10 years = 1 decade

100 years = 1 century

Mnemonic for Remembering Which Months Have 31 Days

JAN MAR MAY JUL AUG OCT DEC

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■ = 31 Days
 ■ = 30 Days
 ■ = 28 or 29 Days

Remember every four years there is a leap year.

In a leap year there is **366** days.