

Periodic Table of Elements

■ = Alkali Metal
 ■ = Alkaline Earth
 ■ = Transition Metal
 ■ = Basic Metal
 ■ = Semi Metal
 ■ = Non Metal
 ■ = Halogen
 ■ = Noble Gas
 ■ = Lanthanide
 ■ = Actinide

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1 H Hydrogen 1.008																	2 He Helium 4.0026
3 Li Lithium 6.94	4 Be Beryllium 9.012										5 B Boron 10.81	6 C Carbon 12.01	7 N Nitrogen 14.007	8 O Oxygen 15.999	9 F Fluorine 18.998	10 Ne Neon 20.180	
11 Na Sodium 22.990	12 Mg Magnesium 24.305										13 Al Aluminium 26.982	14 Si Silicon 28.085	15 P Phosphorus 30.974	16 S Sulfur 32.06	17 Cl Chlorine 35.45	18 Ar Argon 39.948	
19 K Potassium 39.098	20 Ca Calcium 40.078	21 Sc Scandium 44.956	22 Ti Titanium 47.867	23 V Vanadium 50.942	24 Cr Chromium 51.996	25 Mn Manganese 54.938	26 Fe Iron 55.845	27 Co Cobalt 58.933	28 Ni Nickel 58.693	29 Cu Copper 63.546	30 Zn Zinc 65.38	31 Ga Gallium 69.723	32 Ge Germanium 72.630	33 As Arsenic 74.922	34 Se Selenium 78.971	35 Br Bromine 79.904	36 Kr Krypton 83.798
37 Rb Rubidium 85.468	38 Sr Strontium 87.62	39 Y Yttrium 88.906	40 Zr Zirconium 91.224	41 Nb Niobium 92.906	42 Mo Molybdenum 95.95	43 Tc Technetium (98)	44 Ru Ruthenium 101.07	45 Rh Rhodium 102.91	46 Pd Palladium 106.42	47 Ag Silver 107.87	48 Cd Cadmium 112.41	49 In Indium 114.82	50 Sn Tin 118.71	51 Sb Antimony 121.76	52 Te Tellurium 127.60	53 I Iodine 126.90	54 Xe Xenon 131.29
55 Cs Caesium 132.91	56 Ba Barium 137.33		72 Hf Hafnium 178.49	73 Ta Tantalum 180.95	74 W Tungsten 183.84	75 Re Rhenium 186.21	76 Os Osmium 190.23	77 Ir Iridium 192.22	78 Pt Platinum 195.08	79 Au Gold 196.97	80 Hg Mercury 200.59	81 Tl Thallium 204.38	82 Pb Lead 207.2	83 Bi Bismuth 208.98	84 Po Polonium (209)	85 At Astatine (210)	86 Rn Radon (222)
87 Fr Francium (223)	88 Ra Radium (226)		104 Rf Rutherfordium (267)	105 Db Dubnium (268)	106 Sg Seaborgium (269)	107 Bh Bohrium (270)	108 Hs Hassium (277)	109 Mt Meitnerium (278)	110 Ds Darmstadtium (281)	111 Rg Roentgenium (282)	112 Cn Copernicium (285)	113 Nh Nihonium (286)	114 Fl Flerovium (289)	115 Mc Moscovium (290)	116 Lv Livermorium (293)	117 Ts Tennessine (294)	118 Og Oganesson (294)
			57 La Lanthanum 138.91	58 Ce Cerium 140.12	59 Pr Praseodymium 140.91	60 Nd Neodymium 144.24	61 Pm Promethium (145)	62 Sm Samarium 150.36	63 Eu Europium 151.96	64 Gd Gadolinium 157.25	65 Tb Terbium 158.93	66 Dy Dysprosium 162.50	67 Ho Holmium 164.93	68 Er Erbium 167.26	69 Tm Thulium 168.93	70 Yb Ytterbium 173.05	71 Lu Lutetium 174.97
			89 Ac Actinium (227)	90 Th Thorium 232.04	91 Pa Protactinium 231.04	92 U Uranium 238.03	93 Np Neptunium (237)	94 Pu Plutonium (244)	95 Am Americium (243)	96 Cm Curium (247)	97 Bk Berkelium (247)	98 Cf Californium (251)	99 Es Einsteinium (252)	100 Fm Fermium (257)	101 Md Mendelevium (258)	102 No Nobelium (259)	103 Lr Lawrencium (266)

Atomic Number: 1

Symbol: **H**

Name: Hydrogen

Mass: 1.008







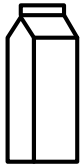
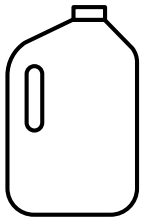
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KITCHEN CONVERSION CHART

			
Cups	Tablespoons	Teaspoons	Milliliters
1	16	48	240
$\frac{3}{4}$	12	36	180
$\frac{2}{3}$	$10\frac{2}{3}$	32	160
$\frac{1}{2}$	8	24	120
$\frac{1}{3}$	$5\frac{1}{3}$	16	80
$\frac{1}{4}$	4	12	60
$\frac{1}{8}$	2	6	30
$\frac{1}{16}$	1	3	15



1 Gallon

1 Quart

1 Pint

4 quarts

8 pints

2 pints

16 cups

4 cups

2 cups

128 fl oz

32 fl oz

16 fl oz

3.8 liters

946 mL

473 mL

Pounds

Ounces

Grams

1

16

455

$\frac{3}{4}$

12

340

$\frac{1}{2}$

8

227

$\frac{1}{4}$

4

115

$\frac{1}{8}$

2

57

-

1

28

-

$\frac{1}{2}$

15

°F

°C

500 260

475 246

450 232

425 218

400 204

375 190

350 177

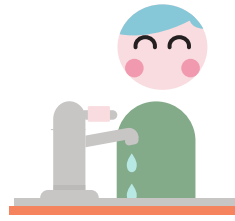
325 163

300 149

275 135

250 121

WATER SAVING TIPS



Turn off the water while brushing your teeth or hair



Run the dishwasher when full



Fix leaky taps and toilets



Rinse fruit in a bowl instead of under running water

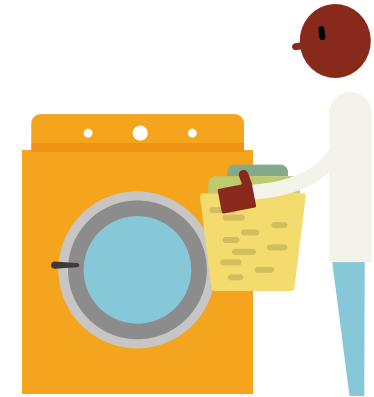


OVERFLOW ACTION DAY ALERTS

remind you to reduce your water use before and during a rainstorm.



Delay showers and baths



Wait to run the dishwasher or washing machine



SIGN UP TO RECEIVE OVERFLOW ACTION ALERT TEXT MESSAGES

tinyurl.com/MWRDtext