

1	1A	1	2	3A	4A	5A	6A	7A	8A	18								
1	H Hydrogen 1.01									He Helium 4.00								
2	Li Lithium 6.94	Be Beryllium 9.01																
3	Na Sodium 22.99	Mg Magnesium 24.31																
4	K Potassium 39.10	Ca Calcium 40.08	Sc Scandium 44.96	Ti Titanium 47.87	V Vanadium 50.94	Cr Chromium 52.00	Mn Manganese 54.94	Fe Iron 55.85	Co Cobalt 58.93	Ni Nickel 58.69	Cu Copper 63.55	Zn Zinc 65.39	Ga Gallium 69.72	Ge Germanium 72.61	As Arsenic 74.92	Se Selenium 78.96	Br Bromine 79.90	Kr Krypton 83.80
5	Rb Rubidium 85.47	Sr Strontium 87.62	Y Yttrium 88.91	Zr Zirconium 91.22	Nb Niobium 92.91	Mo Molybdenum 95.94	Tc Technetium (98)	Ru Ruthenium 101.07	Rh Rhodium 102.91	Pd Palladium 106.42	Ag Silver 107.87	Cd Cadmium 112.41	In Indium 114.82	Sn Tin 118.71	Sb Antimony 121.76	Te Tellurium 127.60	I Iodine 126.90	Xe Xenon 131.29
6	Cs Cesium 132.91	Ba Barium 137.33	La Lanthanum 138.91	Hf Hafnium 178.49	Ta Tantalum 180.95	W Tungsten 183.84	Re Rhenium 186.21	Os Osmium 190.23	Ir Iridium 192.22	Pt Platinum 195.08	Au Gold 196.97	Hg Mercury 200.59	Tl Thallium 204.38	Pb Lead 207.2	Bi Bismuth 208.98	Po Polonium (209)	At Astatine (210)	Rn Radon (222)
7	Fr Francium (223)	Ra Radium (226)	Ac Actinium (227)	Rf Rutherfordium (261)	Db Dubnium (262)	Sg Seaborgium (266)	Bh Bohrium (264)	Hs Hassium (269)	Mt Meitnerium (268)									
				Ce Cerium 140.12	Pr Praseodymium 140.91	Nd Neodymium 144.24	Pm Promethium (145)	Sm Samarium 150.36	Eu Europium 151.96	Gd Gadolinium 157.25	Tb Terbium 158.93	Dy Dysprosium 162.50	Ho Holmium 164.93	Er Erbium 167.26	Tm Thulium 168.93	Yb Ytterbium 173.04	Lu Lutetium 174.97	
				Th Thorium 232.04	Pa Protactinium 231.04	U Uranium 238.03	Np Neptunium (237)	Pu Plutonium (244)	Am Americium (243)	Cm Curium (247)	Bk Berkelium (247)	Cf Californium (251)	Es Einsteinium (252)	Fm Fermium (257)	Md Mendelevium (258)	No Nobelium (259)	Lr Lawrencium (262)	

Key

11 — Atomic number
Na — Element symbol
 Sodium — Element name
 22.99 — Average atomic mass*

* If this number is in parentheses, then it refers to the atomic mass of the most stable isotope.

Formulas and Conversions

Density: $D = \frac{m}{V}$

Length: 1 m = 100 cm
 1 km = 1000 m

Volume: 1 L = 1000 mL = 1000 cm³

Average Speed: $v = \frac{d}{t}$

Mass: 1 kg = 1000 g

Water at Room Temperature: 1 mL = 1 cm³ = 1 g