$1\ cal = 4.184\ J$

$h = 6.626 \times 10^{-34}\ J.s$

$c = 3 \times 10^{8}\ m/s$ | $N_A = 6.022 \times 10^{23}$

$1\ mile = 1.6093\ km$

$1\ lb = 453.59\ g$

1 H Hydrogen 1.0079																	2 He Helium 4.003
3 Li Lithium 6.941	4 Be Beryllium 9.012											5 B Boron 10.81	6 C Carbon 12.01	7 N Nitrogen 14.01	8 O Oxygen 16.00	9 F Fluorine 19.00	10 Ne Neon 20.18
11 Na Sodium 22.99	12 Mg Magnesium 24.31											13 Al Aluminum 26.98	14 Si Silicon 28.09	15 P Phosphorus 30.97	16 S Sulfur 32.06	17 Cl Chlorine 35.45	18 Ar Argon 39.95
19 K Potassium 39.10	20 Ca Calcium 40.08	21 Sc Scandium 44.96	22 Ti Titanium 47.90	23 V Vanadium 50.94	24 Cr Chromium 52.00	25 Mn Manganese 54.94	26 Fe Iron 55.85	27 Co Cobalt 58.93	28 Ni Nickel 58.70	29 Cu Copper 63.55	30 Zn Zinc 65.38	31 Ga Gallium 69.72	32 Ge Germanium 72.59	33 As Arsenic 74.92	34 Se Selenium 78.96	35 Br Bromine 79.90	36 Kr Krypton 83.80
37 Rb Rubidium 85.74	38 Sr Strontium 87.62	39 Y Yttrium 88.91	40 Zr Zirconium 91.22	41 Nb Niobium 92.91	42 Mo Molybdenum 95.94	43 Tc Technetium [98]	44 Ru Ruthenium 101.1	45 Rh Rhodium 102.9	46 Pd Palladium 106.4	47 Ag Silver 107.9	48 Cd Cadmium 112.4	49 In Indium 114.8	50 Sn Tin 118.7	51 Sb Antimony 121.8	52 Te Tellurium 127.6	53 I Iodine 126.9	54 Xe Xenon 131.3
55 Cs Cesium 132.9	56 Ba Barium 137.3	71 Lu Lutetium 175.0	72 Hf Hafmium 178.5	73 Ta Tantulum 180.9	74 W Tungsten 183.9	75 Re Rhenium 186.2	76 Os Osmium 190.2	77 Ir Iridium 192.2	78 Pt Platinum 195.1	79 Au Gold 197.0	80 Hg Mercury 200.6	81 Tl Thallium 204.4	82 Pb Lead 207.2	83 Bi Bismuth 209.0	84 Po Polonium [209]	85 At Astatine [210]	86 Rn Radon [222]
87 Fr Francium [223]	88 Ra Radium [226]	103 Lr Lawrencium [260]	104 Rf Rutherfordium [261]	105 Db Dubnium [262]	106 Sg Seborgium [266]	107 Bh Bohrium [264]	108 Hs Hassium [269]	109 Mt Meitnerium [268]	110 Uun Ununilium [269]	111 Uuu Unununium [272]	112 Uub Ununbium [277]	113 Uut Ununtrium Unk.	114 Uuq Ununquadium [285]	115 Uup Ununpentium Unk.	116 Uuh Ununhexium [289]	117 Uus Ununseptium Unk.	118 Uuo Ununoctium [293]

57 La Lanthanum 138.9	58 Ce Cerium 140.1	59 Pr Praseodymium 140.9	60 Nd Neodymium 144.2	61 Pm Promethium [145]	62 Sm Samarium 150.4	63 Eu Europium 152.0	64 Gd Gadolinium 157.3	65 Tb Terbium 158.9	66 Dy Dysprosium 162.5	67 Ho Holmium 164.9	68 Er Erbium 167.3	69 Tm Thulium 168.9	70 Yb Ytterbium 173.0
89 Ac Actinium [227]	90 Th Thorium 232.0	91 Pa Protactinium [231]	92 U Uranium 238.0	93 Np Neptunium [244]	94 Pu Plutonium [242]	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]

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