Use figures to express
All numbers 10 and above
All numbers below 10 that are grouped for comparison with numbers 10 and above (and that appear in the same paragraph)
Numbers that immediately precede a unit of measurement
Numbers that represent statistical or mathematical functions, fractional or decimal quantities, percentages, ratios, and percentiles and quartiles
N umbers that represent time; ages; sample, subsample, or population size; specific numbers of subjects or participants in an experiment; scores and points on a scale; exact sums of money; and numerals as numerals;
Numbers that denote a specific place in a numbered series, parts of books or tables, and each number in a list of four or more numbers
All numbers in the abstract of a paper.
Use words to express
Numbers below 10 that do not represent precise measurements and that are group for comparison with numbers below 10
The numbers zero and one when the words would be easier to comprehend than the figures or when the words do not appear in context with numbers 10 and above
A ny number that begins a sentence, title, or text heading Common fractions
Universally accepted usage
Use a combination of figures and words to express
Rounded large numbers (starting with millions) ex: almost 3 million
Back to back modifiers ex: twenty 6 -year-olds

