Grade 7 Integer Worksheets: Printable Practice and Answer Keys

Easy Integer Practice

Solve each problem. Show your steps when needed.

Q1. Evaluate −3 + 2.

Q2. Evaluate 5 − 5.

Q3. Evaluate −5 + 8.

Q4. Evaluate 7 − 11.

Q5. Evaluate −7 + 14.

Q6. Evaluate 9 − 17.

Q7. Evaluate −9 + 3.

Q8. Evaluate 11 − 6.

Q9. Evaluate −11 + 9.

Q10. Evaluate 13 − 12.

Q11. Evaluate −13 + 15.

Q12. Evaluate 15 − 18.

Q13. Evaluate −15 + 4.

Q14. Evaluate 17 − 7.

Q15. Evaluate −17 + 10.

Q16. Evaluate 19 − 13.

Q17. Evaluate −19 + 16.

Q18. Evaluate 21 − 2.

Q19. Evaluate −21 + 5.

Q20. Evaluate 23 − 8.

Q21. Evaluate −23 + 11.

Q22. Evaluate 25 − 14.

Q23. Evaluate −25 + 17.

Q24. Evaluate 27 − 3.

Q25. Evaluate −27 + 6.

Q26. Evaluate 29 − 9.

Q27. Evaluate −29 + 12.

Q28. Evaluate 31 − 15.

Q29. Evaluate −31 + 18.

Q30. Evaluate 33 − 4.

Medium Integer Practice

Solve each problem. Show your steps when needed.

Q1. Evaluate −4 × 2.

Q2. Evaluate −12 ÷ 3.

Q3. Evaluate −13 + 7.

Q4. Evaluate −18 − 11.

Q5. Evaluate −8 × 6.

Q6. Evaluate −21 ÷ 7.

Q7. Evaluate 17 + 11.

Q8. Evaluate −22 − 15.

Q9. Evaluate −12 × 3.

Q10. Evaluate −21 ÷ 3.

Q11. Evaluate −21 + 15.

Q12. Evaluate −26 − 10.

Q13. Evaluate −16 × 7.

Q14. Evaluate −42 ÷ 7.

Q15. Evaluate −25 + 6.

Q16. Evaluate −30 − 14.

Q17. Evaluate −20 × 4.

Q18. Evaluate −15 ÷ 3.

Q19. Evaluate 29 + 10.

Q20. Evaluate −34 − 9.

Q21. Evaluate −24 × 8.

Q22. Evaluate −28 ÷ 7.

Q23. Evaluate −33 + 14.

Q24. Evaluate −38 − 13.

Q25. Evaluate −28 × 5.

Q26. Evaluate −9 ÷ 3.

Q27. Evaluate −37 + 5.

Q28. Evaluate −42 − 8.

Q29. Evaluate −32 × 2.

Q30. Evaluate −49 ÷ 7.

Advanced Integer Practice

Solve each problem. Show your steps when needed.

Q1. Evaluate −4 + 2 × 3.

Q2. Evaluate (5 − 3) × (−4).

Q3. Evaluate −6 − (4 − 5).

Q4. Evaluate 7 × (−5) + 6.

Q5. Evaluate −49 ÷ (−7) + 8.

Q6. Evaluate −9 + 7 × 3.

Q7. Evaluate (10 − 2) × (−4).

Q8. Evaluate −11 − (3 − 5).

Q9. Evaluate 12 × (−4) + 6.

Q10. Evaluate −42 ÷ (−7) + 13.

Q11. Evaluate −14 + 6 × 3.

Q12. Evaluate $(15 - 7) \times (-4)$.

Q13. Evaluate $-16 - (2 - 5)$.

Q14. Evaluate $17 \times (-3) + 6$.

Q15. Evaluate $(-18 + 4) \div 7$.

Q16. Evaluate $-19 + 5 \times 3$.

Q17. Evaluate $(20 - 6) \times (-4)$.

Q18. Evaluate $-21 - (7 - 5)$.

Q19. Evaluate $22 \times (-2) + 6$.

Q20. Evaluate $-28 \div (-7) + 23$.

Q21. Evaluate $-24 + 4 \times 3$.

Q22. Evaluate $(25 - 5) \times (-4)$.

Q23. Evaluate $-26 - (6 - 5)$.

Q24. Evaluate $27 \times (-7) + 6$.

Q25. Evaluate $-21 \div (-7) + 28$.

Q26. Evaluate $-29 + 3 \times 3$.

Q27. Evaluate $(30 - 4) \times (-4)$.

Q28. Evaluate $-31 - (5 - 5)$.

Q29. Evaluate $32 \times (-6) + 6$.

Q30. Evaluate $-56 \div (-7) + 33$.

Mixed Integer Practice

Solve each problem. Show your steps when needed.

Q1. Find the value of $|-6| - 3$.

Q2. Evaluate $8 \times (-5)$.

Q3. Evaluate $-8 + (-7)$.

Q4. Which is greater, 10 or −1? Write the greater integer.

Q5. Find the integer that is 11 units below −10.

Q6. Find the value of $|12| - 13$.

Q7. Evaluate $-12 \times (-15)$.

Q8. Evaluate $14 + (-17)$.

Q9. Which is greater, −14 or 33? Write the greater integer.

Q10. Find the integer that is 21 units below 16.

Q11. Find the value of $|-16| - 4$.

Q12. Evaluate $18 \times (-6)$.

Q13. Evaluate $-18 + (-8)$.

Q14. Which is greater, 20 or −10? Write the greater integer.

Q15. Find the integer that is 12 units below −20.

Q16. Find the value of $|22| - 14$.

Q17. Evaluate $-22 \times (-16)$.

Q18. Evaluate $24 + (-18)$.

Q19. Which is greater, −24 or 44? Write the greater integer.

Q20. Find the integer that is 3 units below 26.

Q21. Find the value of |−26| − 5.

Q22. Evaluate 28 × (−7).

Q23. Evaluate −28 + (−9).

Q24. Which is greater, 30 or −19? Write the greater integer.

Q25. Find the integer that is 13 units below −30.

Q26. Find the value of |32| − 15.

Q27. Evaluate −32 × (−17).

Q28. Evaluate 34 + (−19).

Q29. Which is greater, −34 or 55? Write the greater integer.

Q30. Find the integer that is 4 units below 36.

Grade 7 Integer Worksheets: Word Problems

These grade 7 integer worksheets apply signed-number skills to temperatures, elevations, scores, and other real situations.

Easy Integer Word Problems

Read each situation, write an integer expression, and solve.

Q1. A game account showed a balance of −7 points. A player lost 4 points. What was the new balance in points?

Q2. A hiker was at an elevation of −8 feet and descended 7 feet. What was the hiker's new elevation in feet?

Q3. A team's net yardage was −9 yards after one play. It then gained 10 yards on the next play. What was the new net yardage in yards?

Q4. A sample began at −10°C and warmed by 13 degrees. What was its new temperature in degrees Celsius?

Q5. A car was parked on level −11 and moved down 16 levels. What level did the car reach?

Q6. A student had −12 points and received a penalty of 19 points. What was the resulting score in points?

Q7. A research device was at an elevation of −13 meters and rose 22 meters. What was its new elevation in meters?

Q8. The overnight temperature was −14°F. By morning, it fell another 2 degrees. What was the morning temperature in degrees Fahrenheit?

Q9. The temperature started at −15°F and rose by 5 degrees. What was the final temperature in degrees Fahrenheit?

Q10. An elevator was on floor −16 and moved down 8 floors. On which floor did it stop?

Q11. A game account showed a balance of −17 points. A player lost 11 points. What was the new balance in points?

Q12. A hiker was at an elevation of −18 feet and descended 14 feet. What was the hiker's new elevation in feet?

Q13. A team's net yardage was −19 yards after one play. It then gained 17 yards on the next play. What was the new net yardage in yards?

Q14. A sample began at −20°C and warmed by 20 degrees. What was its new temperature in degrees Celsius?

Q15. A car was parked on level −21 and moved down 23 levels. What level did the car reach?

Q16. A student had −22 points and received a penalty of 3 points. What was the resulting score in points?

Q17. A research device was at an elevation of −23 meters and rose 6 meters. What was its new elevation in meters?

Q18. The overnight temperature was −24°F. By morning, it fell another 9 degrees. What was the morning temperature in degrees Fahrenheit?

Q19. The temperature started at −25°F and rose by 12 degrees. What was the final temperature in degrees Fahrenheit?

Q20. An elevator was on floor −26 and moved down 15 floors. On which floor did it stop?

Q21. A game account showed a balance of −27 points. A player lost 18 points. What was the new balance in points?

Q22. A hiker was at an elevation of −28 feet and descended 21 feet. What was the hiker's new elevation in feet?

Q23. A team's net yardage was −29 yards after one play. It then gained 24 yards on the next play. What was the new net yardage in yards?

Q24. A sample began at −30°C and warmed by 4 degrees. What was its new temperature in degrees Celsius?

Q25. A car was parked on level −31 and moved down 7 levels. What level did the car reach?

Q26. A student had −32 points and received a penalty of 10 points. What was the resulting score in points?

Q27. A research device was at an elevation of −33 meters and rose 13 meters. What was its new elevation in meters?

Q28. The overnight temperature was −34°F. By morning, it fell another 16 degrees. What was the morning temperature in degrees Fahrenheit?

Q29. The temperature started at −35°F and rose by 19 degrees. What was the final temperature in degrees Fahrenheit?

Q30. An elevator was on floor −36 and moved down 22 floors. On which floor did it stop?

Medium Integer Word Problems

Read each situation, write an integer expression, and solve.

Q1. A temperature change of −42 degrees occurs each hour for 2 hours. What is the total temperature change in degrees?

Q2. A diver's position changes by −129 meters over 3 equal intervals. What is the change per interval in meters?

Q3. A temperature change of −44 degrees occurs each hour for 4 hours. What is the total temperature change in degrees?

Q4. A diver's position changes by −225 meters over 5 equal intervals. What is the change per interval in meters?

Q5. A temperature change of −46 degrees occurs each hour for 6 hours. What is the total temperature change in degrees?

Q6. A diver's position changes by −329 meters over 7 equal intervals. What is the change per interval in meters?

Q7. A temperature change of −48 degrees occurs each hour for 8 hours. What is the total temperature change in degrees?

Q8. A diver's position changes by −98 meters over 2 equal intervals. What is the change per interval in meters?

Q9. A temperature change of −50 degrees occurs each hour for 3 hours. What is the total temperature change in degrees?

Q10. A diver's position changes by −204 meters over 4 equal intervals. What is the change per interval in meters?

Q11. A temperature change of −52 degrees occurs each hour for 5 hours. What is the total temperature change in degrees?

Q12. A diver's position changes by −318 meters over 6 equal intervals. What is the change per interval in meters?

Q13. A temperature change of −54 degrees occurs each hour for 7 hours. What is the total temperature change in degrees?

Q14. A diver's position changes by −440 meters over 8 equal intervals. What is the change per interval in meters?

Q15. A temperature change of −56 degrees occurs each hour for 2 hours. What is the total temperature change in degrees?

Q16. A diver's position changes by −171 meters over 3 equal intervals. What is the change per interval in meters?

Q17. A temperature change of −58 degrees occurs each hour for 4 hours. What is the total temperature change in degrees?

Q18. A diver's position changes by −295 meters over 5 equal intervals. What is the change per interval in meters?

Q19. A temperature change of −60 degrees occurs each hour for 6 hours. What is the total temperature change in degrees?

Q20. A diver's position changes by −427 meters over 7 equal intervals. What is the change per interval in meters?

Q21. A temperature change of −62 degrees occurs each hour for 8 hours. What is the total temperature change in degrees?

Q22. A diver's position changes by −126 meters over 2 equal intervals. What is the change per interval in meters?

Q23. A temperature change of −64 degrees occurs each hour for 3 hours. What is the total temperature change in degrees?

Q24. A diver's position changes by −260 meters over 4 equal intervals. What is the change per interval in meters?

Q25. A temperature change of −66 degrees occurs each hour for 5 hours. What is the total temperature change in degrees?

Q26. A diver's position changes by −402 meters over 6 equal intervals. What is the change per interval in meters?

Q27. A temperature change of −68 degrees occurs each hour for 7 hours. What is the total temperature change in degrees?

Q28. A diver's position changes by −552 meters over 8 equal intervals. What is the change per interval in meters?

Q29. A temperature change of −70 degrees occurs each hour for 2 hours. What is the total temperature change in degrees?

Q30. A diver's position changes by −213 meters over 3 equal intervals. What is the change per interval in meters?

Advanced Integer Word Problems

Read each situation, write an integer expression, and solve.

Q1. In each of 2 rounds, a team loses 77 points and then earns 5 points. What is the team's total change in points?

Q2. A freezer is at −78°F. Its temperature drops 8 degrees per hour for 3 hours. What is the final temperature in degrees Fahrenheit?

Q3. In each of 4 rounds, a team loses 79 points and then earns 11 points. What is the team's total change in points?

Q4. A freezer is at −80°F. Its temperature drops 14 degrees per hour for 5 hours. What is the final temperature in degrees Fahrenheit?

Q5. In each of 6 rounds, a team loses 81 points and then earns 17 points. What is the team's total change in points?

Q6. A freezer is at −82°F. Its temperature drops 20 degrees per hour for 7 hours. What is the final temperature in degrees Fahrenheit?

Q7. In each of 8 rounds, a team loses 83 points and then earns 23 points. What is the team's total change in points?

Q8. A freezer is at −84°F. Its temperature drops 3 degrees per hour for 9 hours. What is the final temperature in degrees Fahrenheit?

Q9. In each of 10 rounds, a team loses 85 points and then earns 6 points. What is the team's total change in points?

Q10. A freezer is at −86°F. Its temperature drops 9 degrees per hour for 2 hours. What is the final temperature in degrees Fahrenheit?

Q11. In each of 3 rounds, a team loses 87 points and then earns 12 points. What is the team's total change in points?

Q12. A freezer is at −88°F. Its temperature drops 15 degrees per hour for 4 hours. What is the final temperature in degrees Fahrenheit?

Q13. In each of 5 rounds, a team loses 89 points and then earns 18 points. What is the team's total change in points?

Q14. A freezer is at −90°F. Its temperature drops 21 degrees per hour for 6 hours. What is the final temperature in degrees Fahrenheit?

Q15. In each of 7 rounds, a team loses 91 points and then earns 24 points. What is the team's total change in points?

Q16. A freezer is at −92°F. Its temperature drops 4 degrees per hour for 8 hours. What is the final temperature in degrees Fahrenheit?

Q17. In each of 9 rounds, a team loses 93 points and then earns 7 points. What is the team's total change in points?

Q18. A freezer is at −94°F. Its temperature drops 10 degrees per hour for 10 hours. What is the final temperature in degrees Fahrenheit?

Q19. In each of 2 rounds, a team loses 95 points and then earns 13 points. What is the team's total change in points?

Q20. A freezer is at −96°F. Its temperature drops 16 degrees per hour for 3 hours. What is the final temperature in degrees Fahrenheit?

Q21. In each of 4 rounds, a team loses 97 points and then earns 19 points. What is the team's total change in points?

Q22. A freezer is at −98°F. Its temperature drops 22 degrees per hour for 5 hours. What is the final temperature in degrees Fahrenheit?

Q23. In each of 6 rounds, a team loses 99 points and then earns 2 points. What is the team's total change in points?

Q24. A freezer is at −100°F. Its temperature drops 5 degrees per hour for 7 hours. What is the final temperature in degrees Fahrenheit?

Q25. In each of 8 rounds, a team loses 101 points and then earns 8 points. What is the team's total change in points?

Q26. A freezer is at −102°F. Its temperature drops 11 degrees per hour for 9 hours. What is the final temperature in degrees Fahrenheit?

Q27. In each of 10 rounds, a team loses 103 points and then earns 14 points. What is the team's total change in points?

Q28. A freezer is at −104°F. Its temperature drops 17 degrees per hour for 2 hours. What is the final temperature in degrees Fahrenheit?

Q29. In each of 3 rounds, a team loses 105 points and then earns 20 points. What is the team's total change in points?

Q30. A freezer is at −106°F. Its temperature drops 23 degrees per hour for 4 hours. What is the final temperature in degrees Fahrenheit?

Mixed Integer Word Problems

Read each situation, write an integer expression, and solve.

Q1. A player is 112 points behind, then earns 17 points. How many points behind or ahead is the player? Use a negative answer for behind.

Q2. A research team starts at an elevation of −113 meters and climbs 20 meters each day for 3 days. What is the team's final elevation in meters?

Q3. A submarine descends 114 meters in each of 23 equal stages. What is the total signed elevation change in meters?

Q4. A team’s score difference is −115 points and then shifts by −3 points. What is the new score difference?

Q5. A player is 116 points behind, then earns 6 points. How many points behind or ahead is the player? Use a negative answer for behind.

Q6. A research team starts at an elevation of −117 meters and climbs 9 meters each day for 2 days. What is the team's final elevation in meters?

Q7. A submarine descends 118 meters in each of 12 equal stages. What is the total signed elevation change in meters?

Q8. A team’s score difference is −119 points and then shifts by −15 points. What is the new score difference?

Q9. A player is 120 points behind, then earns 18 points. How many points behind or ahead is the player? Use a negative answer for behind.

Q10. A research team starts at an elevation of −121 meters and climbs 21 meters each day for 6 days. What is the team's final elevation in meters?

Q11. A submarine descends 122 meters in each of 24 equal stages. What is the total signed elevation change in meters?

Q12. A team’s score difference is −123 points and then shifts by −4 points. What is the new score difference?

Q13. A player is 124 points behind, then earns 7 points. How many points behind or ahead is the player? Use a negative answer for behind.

Q14. A research team starts at an elevation of −125 meters and climbs 10 meters each day for 5 days. What is the team's final elevation in meters?

Q15. A submarine descends 126 meters in each of 13 equal stages. What is the total signed elevation change in meters?

Q16. A team’s score difference is −127 points and then shifts by −16 points. What is the new score difference?

Q17. A player is 128 points behind, then earns 19 points. How many points behind or ahead is the player? Use a negative answer for behind.

Q18. A research team starts at an elevation of −129 meters and climbs 22 meters each day for 4 days. What is the team's final elevation in meters?

Q19. A submarine descends 130 meters in each of 2 equal stages. What is the total signed elevation change in meters?

Q20. A team’s score difference is −131 points and then shifts by −5 points. What is the new score difference?

Q21. A player is 132 points behind, then earns 8 points. How many points behind or ahead is the player? Use a negative answer for behind.

Q22. A research team starts at an elevation of −133 meters and climbs 11 meters each day for 3 days. What is the team's final elevation in meters?

Q23. A submarine descends 134 meters in each of 14 equal stages. What is the total signed elevation change in meters?

Q24. A team’s score difference is −135 points and then shifts by −17 points. What is the new score difference?

Q25. A player is 136 points behind, then earns 20 points. How many points behind or ahead is the player? Use a negative answer for behind.

Q26. A research team starts at an elevation of −137 meters and climbs 23 meters each day for 2 days. What is the team's final elevation in meters?

Q27. A submarine descends 138 meters in each of 3 equal stages. What is the total signed elevation change in meters?

Q28. A team’s score difference is −139 points and then shifts by −6 points. What is the new score difference?

Q29. A player is 140 points behind, then earns 9 points. How many points behind or ahead is the player? Use a negative answer for behind.

Q30. A research team starts at an elevation of −141 meters and climbs 12 meters each day for 6 days. What is the team's final elevation in meters?

Grade 7 Integer Worksheets: Frequently Asked Questions

What is an integer?

An integer is a positive whole number, the negative opposite of a positive whole number, or zero. Integers do not include fractions or decimals.

What should seventh graders know about integers?

Seventh graders should add, subtract, multiply, and divide signed numbers. They should also explain how signs affect each operation and apply integer reasoning to real situations.

How can students avoid sign errors?

First, identify each number's sign and the operation. Next, estimate whether the answer should be positive or negative. Finally, check the result against that estimate.

Final Thoughts on Integer Practice

Consistent practice helps students become more accurate and flexible with signed numbers. Use these printable grade 7 integer worksheets for classwork, homework, tutoring, or review. Explore related Math Obsession worksheets to keep building seventh-grade math skills.

Grade 7 Integer Worksheets: Answer Keys

Use these compact tables to check every response in the grade 7 integer worksheets. Each row contains three question-and-answer pairs.

Easy Integer Practice

Q#	Answer	Q#	Answer	Q#	Answer
1	−1	2	0	3	3
4	−4	5	7	6	−8
7	−6	8	5	9	−2
10	1	11	2	12	−3
13	−11	14	10	15	−7
16	6	17	−3	18	19
19	−16	20	15	21	−12
22	11	23	−8	24	24
25	−21	26	20	27	−17
28	16	29	−13	30	29

Medium Integer Practice

Q#	Answer	Q#	Answer	Q#	Answer
1	−8	2	−4	3	−6
4	−29	5	−48	6	−3
7	28	8	−37	9	−36
10	−7	11	−6	12	−36
13	−112	14	−6	15	−19
16	−44	17	−80	18	−5
19	39	20	−43	21	−192
22	−4	23	−19	24	−51
25	−140	26	−3	27	−32
28	−50	29	−64	30	−7

Advanced Integer Practice

Q#	Answer	Q#	Answer	Q#	Answer
1	2	2	−8	3	−5
4	−29	5	15	6	12
7	−32	8	−9	9	−42
10	19	11	4	12	−32
13	−13	14	−45	15	−2
16	−4	17	−56	18	−23
19	−38	20	27	21	−12
22	−80	23	−27	24	−183
25	31	26	−20	27	−104
28	−31	29	−186	30	41

Mixed Integer Practice

Q#	Answer	Q#	Answer	Q#	Answer
1	3	2	−40	3	−15
4	10	5	−21	6	−1
7	180	8	−3	9	33
10	−5	11	12	12	−108
13	−26	14	20	15	−32
16	8	17	352	18	6
19	44	20	23	21	21
22	−196	23	−37	24	30
25	−43	26	17	27	544
28	15	29	55	30	32

Easy Integer Word Problems

Q#	Answer	Q#	Answer	Q#	Answer
1	−11	2	−15	3	1
4	3	5	−27	6	−31
7	9	8	−16	9	−10

10	−24	11	−28	12	−32
13	−2	14	0	15	−44
16	−25	17	−17	18	−33
19	−13	20	−41	21	−45
22	−49	23	−5	24	−26
25	−38	26	−42	27	−20
28	−50	29	−16	30	−58

Medium Integer Word Problems

Q#	Answer	Q#	Answer	Q#	Answer
1	−84	2	−43	3	−176
4	−45	5	−276	6	−47
7	−384	8	−49	9	−150
10	−51	11	−260	12	−53
13	−378	14	−55	15	−112
16	−57	17	−232	18	−59
19	−360	20	−61	21	−496
22	−63	23	−192	24	−65
25	−330	26	−67	27	−476
28	−69	29	−140	30	−71

Advanced Integer Word Problems

Q#	Answer	Q#	Answer	Q#	Answer
1	−144	2	−102	3	−272
4	−150	5	−384	6	−222
7	−480	8	−111	9	−790
10	−104	11	−225	12	−148
13	−355	14	−216	15	−469
16	−124	17	−774	18	−194
19	−164	20	−144	21	−312
22	−208	23	−582	24	−135
25	−744	26	−201	27	−890
28	−138	29	−255	30	−198

Mixed Integer Word Problems

Q#	Answer	Q#	Answer	Q#	Answer
1	−95	2	−53	3	−2622
4	−118	5	−110	6	−99
7	−1416	8	−134	9	−102
10	5	11	−2928	12	−127
13	−117	14	−75	15	−1638
16	−143	17	−109	18	−41
19	−260	20	−136	21	−124
22	−100	23	−1876	24	−152
25	−116	26	−91	27	−414
28	−145	29	−131	30	−69