

$$\frac{\text{large} - \text{small}}{\text{original amount}} = \text{decimal} \rightarrow \text{percent}$$

original
↑

Ex: Sam's speed started at 45 mph and went to 60 mph. What was Sam's percent increase?

move decimal

$$\frac{60 - 45}{45} = \frac{15}{45} = 0.\overset{\downarrow}{3} = \textcircled{33.\bar{3}\% \text{ increase}}$$

Solve:

During a sale the price was reduced from \$100 to \$70. What is the percent decrease?