

Google Sheets: Calculate the Number of Weeks Between Dates

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You can use the following formulas to calculate the number of weeks between two dates in Google Sheets:

Formula 1: Calculate Full Weeks Between Two Dates

=INT((B2-A2)/7)

Formula 2: Calculate Full Weeks and Days Between Two Dates

=INT((B2-A2)/7) & " weeks, " & MOD((B2-A2), 7) & " days"

Both formulas assume that cell **A2** contains the start date and cell **B2** contains the end date.

The following examples show how to use each formula in practice with the following columns of start and end dates in Google Sheets:

	A	B	C	D
1	Start Date	End Date		
2	1/1/2022	2/4/2022		
3	1/7/2022	5/29/2022		
4	1/20/2022	2/5/2022		
5	2/1/2022	2/19/2022		
6	2/3/2022	9/15/2022		
7	2/5/2022	10/30/2022		
8	2/8/2022	11/4/2022		
9	3/1/2022	11/15/2022		
10				
11				
12				
13				
14				
15				

Example 1: Calculate Full Weeks Between Two Dates

We can type the following formula into cell **C2** to calculate the number of full weeks between the start date in cell **A2** and the end date in cell **B2**:

=INT((B2-A2)/7)

We can then click and drag this formula down to each remaining cell in column C:

	A	B	C	D
1	Start Date	End Date	Full Weeks Between Dates	
2	1/1/2022	2/4/2022	4	
3	1/7/2022	5/29/2022	20	
4	1/20/2022	2/5/2022	2	
5	2/1/2022	2/19/2022	2	
6	2/3/2022	9/15/2022	32	
7	2/5/2022	10/30/2022	38	
8	2/8/2022	11/4/2022	38	
9	3/1/2022	11/15/2022	37	
10				
11				
12				
13				
14				
15				

Here's how to interpret the output:

There are **4** full weeks between 1/1/2022 and 2/4/2022.

There are **20** full weeks between 1/7/2022 and 5/29/2022.

There are **2** full weeks between 1/20/2022 and 2/5/2022.

And so on.

Example 2: Calculate Full Weeks and Days Between Two Dates

=INT((B2-A2)/7) & " weeks, " & MOD((B2-A2), 7) & " days"

We can then click and drag this formula down to each remaining cell in column C:

C2 $\text{=INT}((B2-A2)/7)$ & " weeks, " & $\text{MOD}((B2-A2), 7)$ & " days"

	A	B	C	D
1	Start Date	End Date	Full Weeks and Days Between Dates	
2	1/1/2022	2/4/2022	4 weeks, 6 days	
3	1/7/2022	5/29/2022	20 weeks, 2 days	
4	1/20/2022	2/5/2022	2 weeks, 2 days	
5	2/1/2022	2/19/2022	2 weeks, 4 days	
6	2/3/2022	9/15/2022	32 weeks, 0 days	
7	2/5/2022	10/30/2022	38 weeks, 1 days	
8	2/8/2022	11/4/2022	38 weeks, 3 days	
9	3/1/2022	11/15/2022	37 weeks, 0 days	
10				
11				
12				
13				
14				

Here's how to interpret the output:

There are **4 weeks and 6 days** between 1/1/2022 and 2/4/2022.

There are **20 weeks and 2 days** between 1/7/2022 and 5/29/2022.

There are **2 weeks and 2 days** between 1/20/2022 and 2/5/2022.

And so on.