

# How can I apply conditional formatting in Excel to highlight cells if they fall between two specified values?

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## RECOMMENDED CITATION

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Conditional formatting is a feature in Microsoft Excel that allows users to automatically apply formatting to cells based on certain criteria. By using this feature, it is possible to highlight cells that fall between two specified values. This means that if the data in a cell meets the specified conditions, such as being greater than or less than a certain value, it will be formatted in a specific way. This can be useful for quickly identifying and analyzing data within a spreadsheet. To apply conditional formatting in Excel, users can use the "Highlight Cells Rules" option and specify the desired criteria and formatting style. This feature can help to save time and improve the visual representation of data in Excel.

## **Excel: Apply Conditional Formatting if Between Two Values**

**Often you may want to apply conditional formatting to cells whose values fall between two specific values in Excel.**

**The following example shows exactly how to do so.**

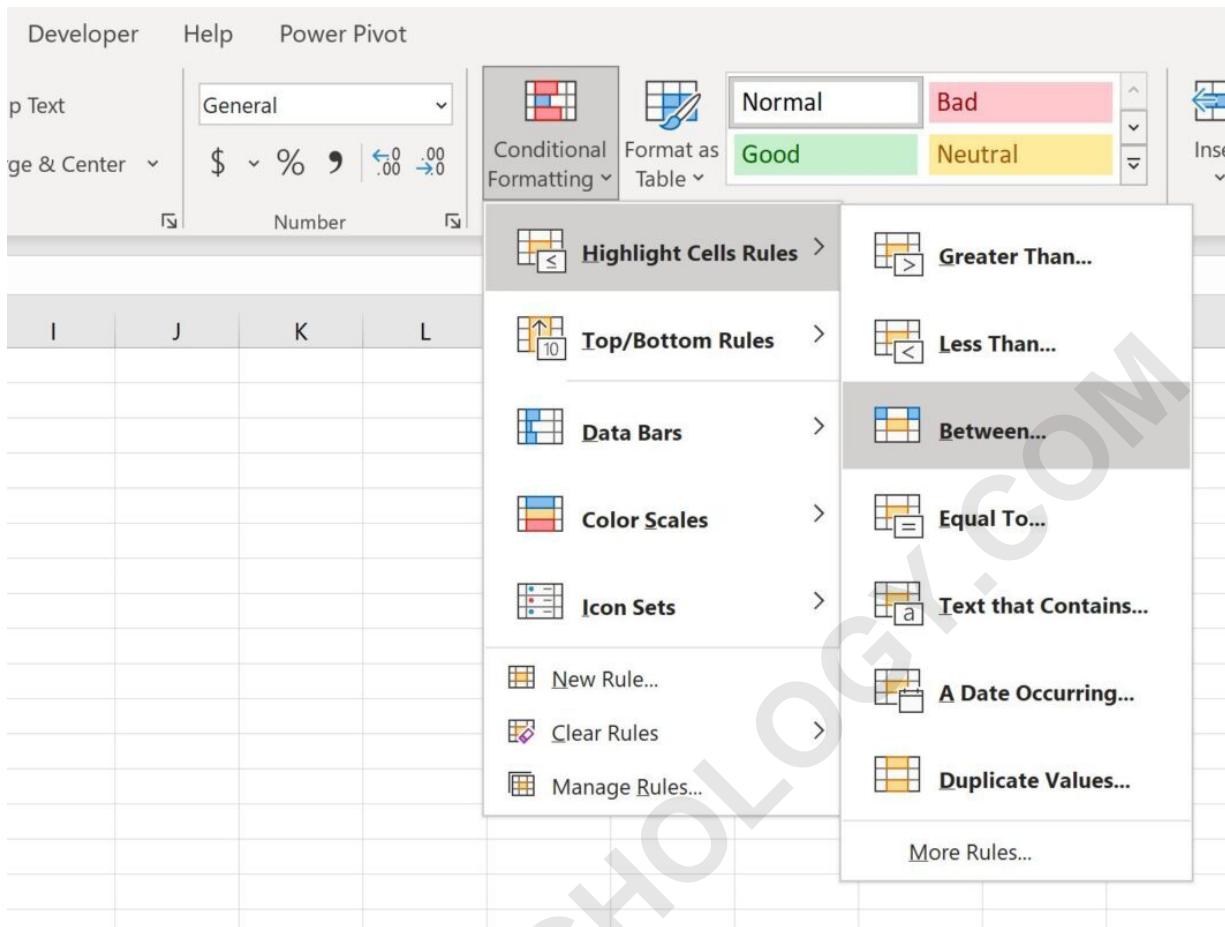
**Example: Conditional Formatting if Between Two Values**

**Suppose we have the following dataset that contains information about various basketball teams:**

	A	B	C	D	E	F
1	<b>Team</b>	<b>Points</b>				
2	Mavs	9				
3	Rockets	12				
4	Spurs	13				
5	Hornets	13				
6	Mavs	16				
7	Nets	19				
8	Lakers	20				
9	Mavs	21				
10	Rockets	28				
11	Spurs	31				
12	Cavs	34				
13	Nets	18				
14	Cavs	7				
15						
16						
17						
18						
19						

**Suppose we would like to highlight each value in the points column where the value is between 10 and 20.**

**To do so, highlight the values in the range B2:B14, then click the Conditional Formatting icon on the Home tab, then click Highlight Cells Rules, then Between:**



**In the new window that appears, choose 10 as the lower value and 20 as the upper value:**

The image shows an Excel spreadsheet with two columns: 'Team' (A) and 'Points' (B). The data is as follows:

Team	Points
Mavs	9
Rockets	12
Spurs	13
Hornets	13
Mavs	16
Nets	19
Lakers	20
Mavs	21
Rockets	28
Spurs	31
Cavs	34
Nets	18
Cavs	7

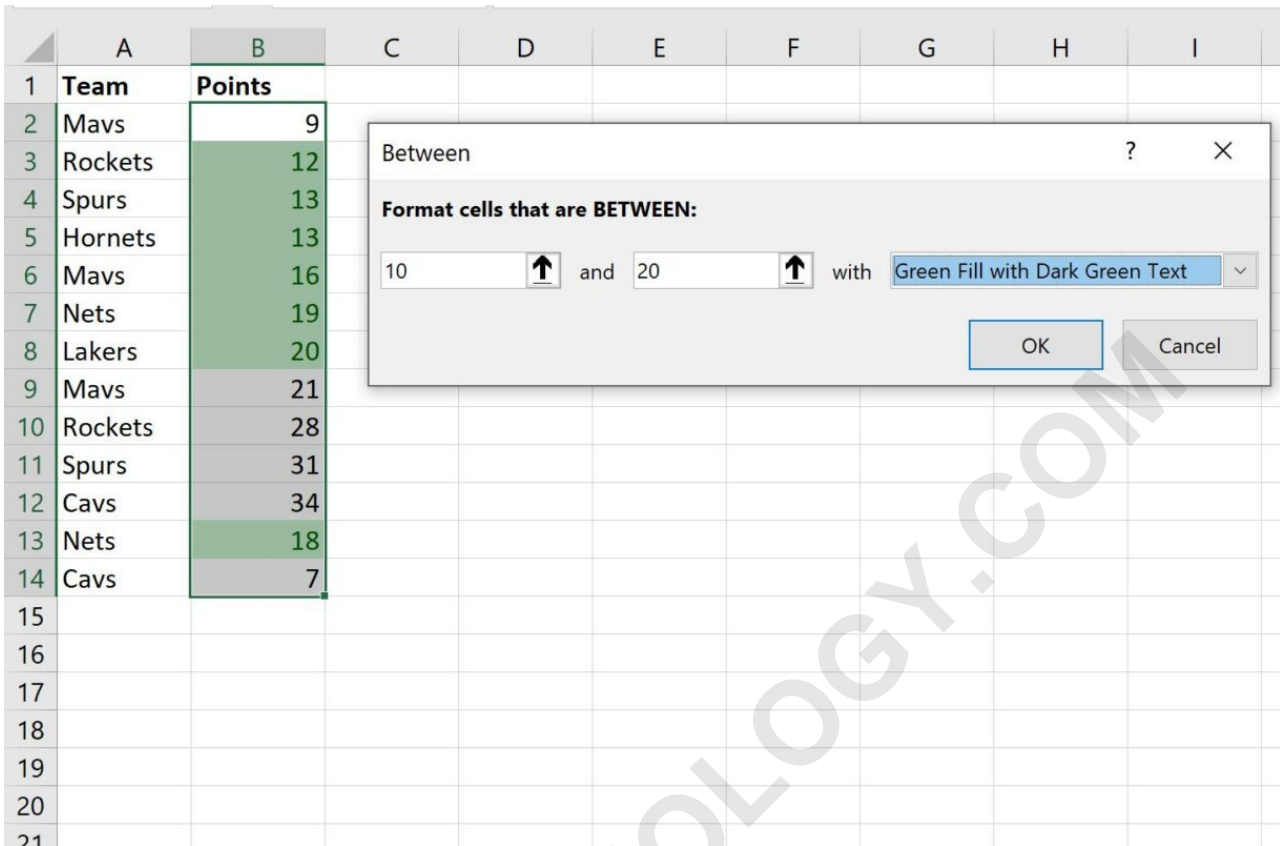
A 'Between' dialog box is open, showing the 'Format cells that are BETWEEN:' section. The values 10 and 20 are entered in the input fields, and the format 'Light Red Fill with Dark Red Text' is selected. The dialog box also has 'OK' and 'Cancel' buttons.

**One you click OK, the values in the points column that fall between 10 and 20 will automatically be formatted with a light red background and dark red text:**

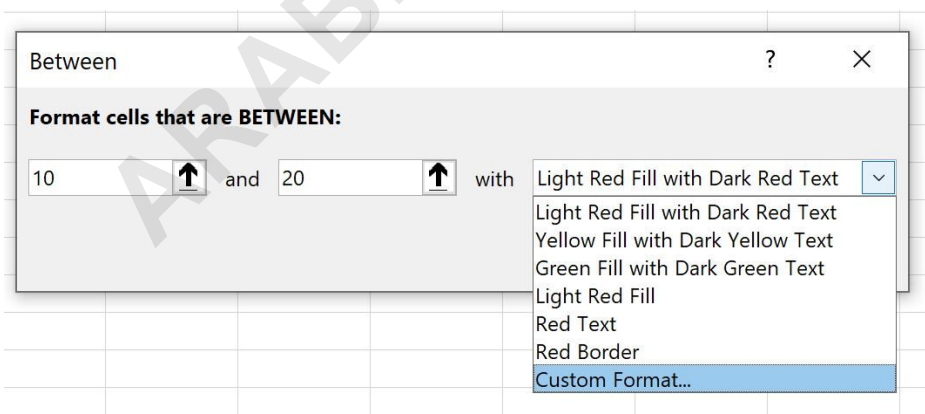
	A	B	C	D	E	F
1	<b>Team</b>	<b>Points</b>				
2	Mavs	9				
3	Rockets	12				
4	Spurs	13				
5	Hornets	13				
6	Mavs	16				
7	Nets	19				
8	Lakers	20				
9	Mavs	21				
10	Rockets	28				
11	Spurs	31				
12	Cavs	34				
13	Nets	18				
14	Cavs	7				
15						
16						
17						
18						
19						

**Note that you can also choose a different format for the cells.**

**For example, you could choose to format the cells using a green background with dark green text:**



You can also choose Custom Format to specify a custom format style for the cells:



### Additional Resources

**The following tutorials explain how to perform other common tasks in Excel:**

**How to Apply Conditional Formatting if Cell Contains Text in Excel**

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