

How can I calculate the average by day of the week in Excel?

Authored by
stats writer

June 22, 2024

RECOMMENDED CITATION

stats writer (2024). *How can I calculate the average by day of the week in Excel?*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=146421>

To calculate the average by day of the week in Excel, you can use the AVERAGEIF function. This function allows you to specify a criteria and a range of cells to calculate the average of, based on that criteria. In this case, you would use the days of the week as the criteria and the values you want to average as the range. This will give you the average for each day of the week. Alternatively, you can use the PivotTable feature to group your data by day of the week and then calculate the average for each group. Both methods provide an efficient way to calculate the average by day of the week in Excel.

Calculate Average by Day of Week in Excel

Often you may want to calculate the average value grouped by day of week in Excel.

For example, suppose we have the following dataset and we'd like to calculate the average sales based on day of the week:

	A	B	C	D	E	F
1	Date	Sales				
2	1/1/2023	9				
3	1/4/2023	12				
4	1/5/2023	15				
5	1/8/2023	20				
6	1/14/2023	24				
7	1/20/2023	18				
8	2/5/2023	15				
9	2/10/2023	34				
10	2/11/2023	19				
11	3/15/2023	12				
12	3/20/2023	8				
13	3/27/2023	15				
14	4/1/2023	20				
15	4/25/2023	30				
16						
17						
18						

The following step-by-step example shows how to do so.

Step 1: Enter the Data

First, enter the data values into Excel:

	A	B	C	D	E	F
1	Date	Sales				
2	1/1/2023	9				
3	1/4/2023	12				
4	1/5/2023	15				
5	1/8/2023	20				
6	1/14/2023	24				
7	1/20/2023	18				
8	2/5/2023	15				
9	2/10/2023	34				
10	2/11/2023	19				
11	3/15/2023	12				
12	3/20/2023	8				
13	3/27/2023	15				
14	4/1/2023	20				
15	4/25/2023	30				
16						
17						
18						

Step 2: Extract the Day of Week from Dates

Next, type the following formula into cell C2 to extract the day of the week for the date in cell A2:

```
=TEXT(A2, "dddd")
```

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

	A	B	C	D	E	F
1	Date	Sales	Day			
2	1/1/2023	9	Sunday			
3	1/4/2023	12	Wednesday			
4	1/5/2023	15	Thursday			
5	1/8/2023	20	Sunday			
6	1/14/2023	24	Saturday			
7	1/20/2023	18	Friday			
8	2/5/2023	15	Sunday			
9	2/10/2023	34	Friday			
10	2/11/2023	19	Saturday			
11	3/15/2023	12	Wednesday			
12	3/20/2023	8	Monday			
13	3/27/2023	15	Monday			
14	4/1/2023	20	Saturday			
15	4/25/2023	30	Tuesday			
16						
17						

Step 3: Create List of Days of the Week

Next, create a list of the days of the week in column E:

	A	B	C	D	E	F
1	Date	Sales	Day		Day of Week	
2	1/1/2023	9	Sunday		Monday	
3	1/4/2023	12	Wednesday		Tuesday	
4	1/5/2023	15	Thursday		Wednesday	
5	1/8/2023	20	Sunday		Thursday	
6	1/14/2023	24	Saturday		Friday	
7	1/20/2023	18	Friday		Saturday	
8	2/5/2023	15	Sunday		Sunday	
9	2/10/2023	34	Friday			
10	2/11/2023	19	Saturday			
11	3/15/2023	12	Wednesday			
12	3/20/2023	8	Monday			
13	3/27/2023	15	Monday			
14	4/1/2023	20	Saturday			
15	4/25/2023	30	Tuesday			
16						
17						

Step 4: Calculate the Average by Day of Week

Next, type the following formula into cell F2 to calculate the average sales value based on day of the week

=AVERAGEIF(\$C\$2:\$C\$15, E2, \$B\$2:\$B\$15)

Click and drag this formula down to each remaining cell in column F:

	A	B	C	D	E	F	G
1	Date	Sales	Day		Day of Week	Avg. Sales	
2	1/1/2023	9	Sunday		Monday	11.5	
3	1/4/2023	12	Wednesday		Tuesday	30	
4	1/5/2023	15	Thursday		Wednesday	12	
5	1/8/2023	20	Sunday		Thursday	15	
6	1/14/2023	24	Saturday		Friday	26	
7	1/20/2023	18	Friday		Saturday	21	
8	2/5/2023	15	Sunday		Sunday	14.66667	
9	2/10/2023	34	Friday				
10	2/11/2023	19	Saturday				
11	3/15/2023	12	Wednesday				
12	3/20/2023	8	Monday				
13	3/27/2023	15	Monday				
14	4/1/2023	20	Saturday				
15	4/25/2023	30	Tuesday				
16							
17							
18							
19							

This tells us:

The average sales on Mondays were 11.5.

The average sales on Tuesdays were 30.

The average sales on Wednesdays were 12.

The average sales on Thursdays were 15.

And so on.

The following tutorials explain how to perform other

common tasks in Excel:

ARABPSYCHOLOGY.COM