

How can I convert a date to a number in Excel?

Authored by
stats writer

June 30, 2024

RECOMMENDED CITATION

stats writer (2024). *How can I convert a date to a number in Excel?*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=162189>

To convert a date to a number in Excel, follow these steps:

1. Select the cell where you want the converted number to appear.
2. Enter the date in the desired format.
3. Right-click on the cell and select "Format Cells".
4. In the Format Cells dialog box, go to the "Number" tab.
5. Select "Custom" from the Category list.
6. In the Type field, enter the code "0" (without the quotation marks).
7. Click "OK" to save the changes.

This will convert the date into a number, which can be used for calculations and other functions in Excel.

Convert Date to Number in Excel (3 Examples)

This tutorial explains how to convert a date to a number in three different scenarios:

1. Convert One Date to Number

2. Convert Several Dates to Numbers

3. Convert Date to Number of Days Since Another Date

Let's jump in!

Example 1: Convert One Date to Number

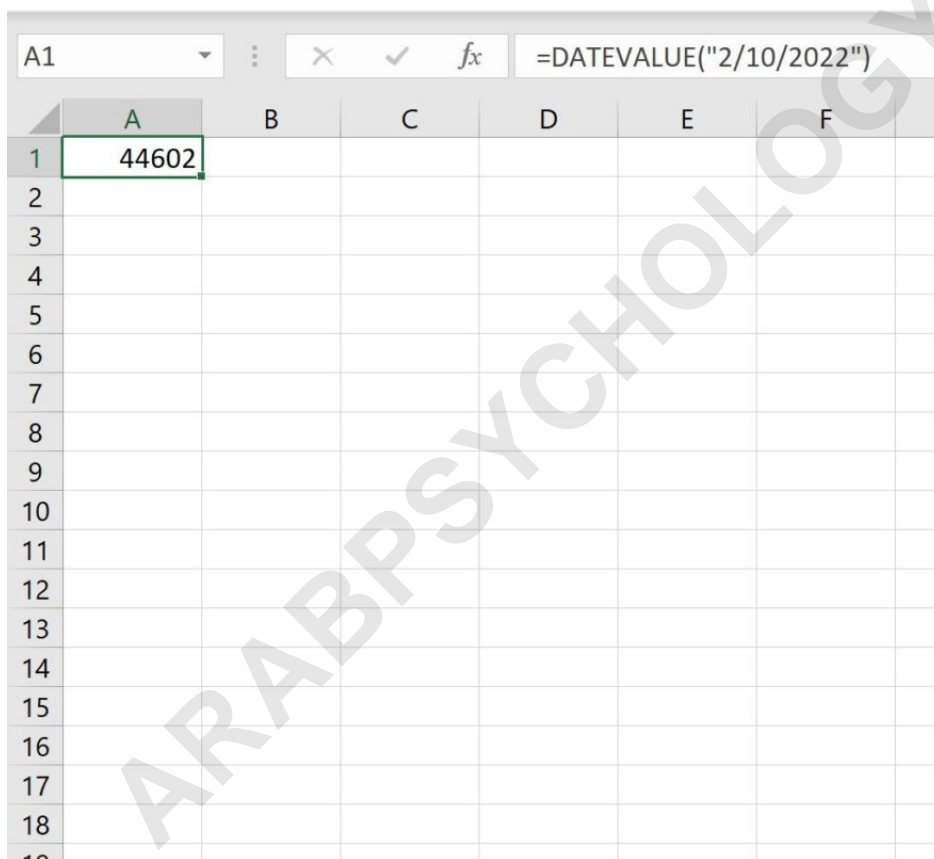
Suppose we would like to convert the date "2/10/2022" to a number in Excel.

We can use the DATEVALUE function in Excel to do so:

=DATEVALUE("2/10/2022")

By default, this function calculates the number of days between a given date and 1/1/1900.

The following screenshot shows how to use this function in practice:



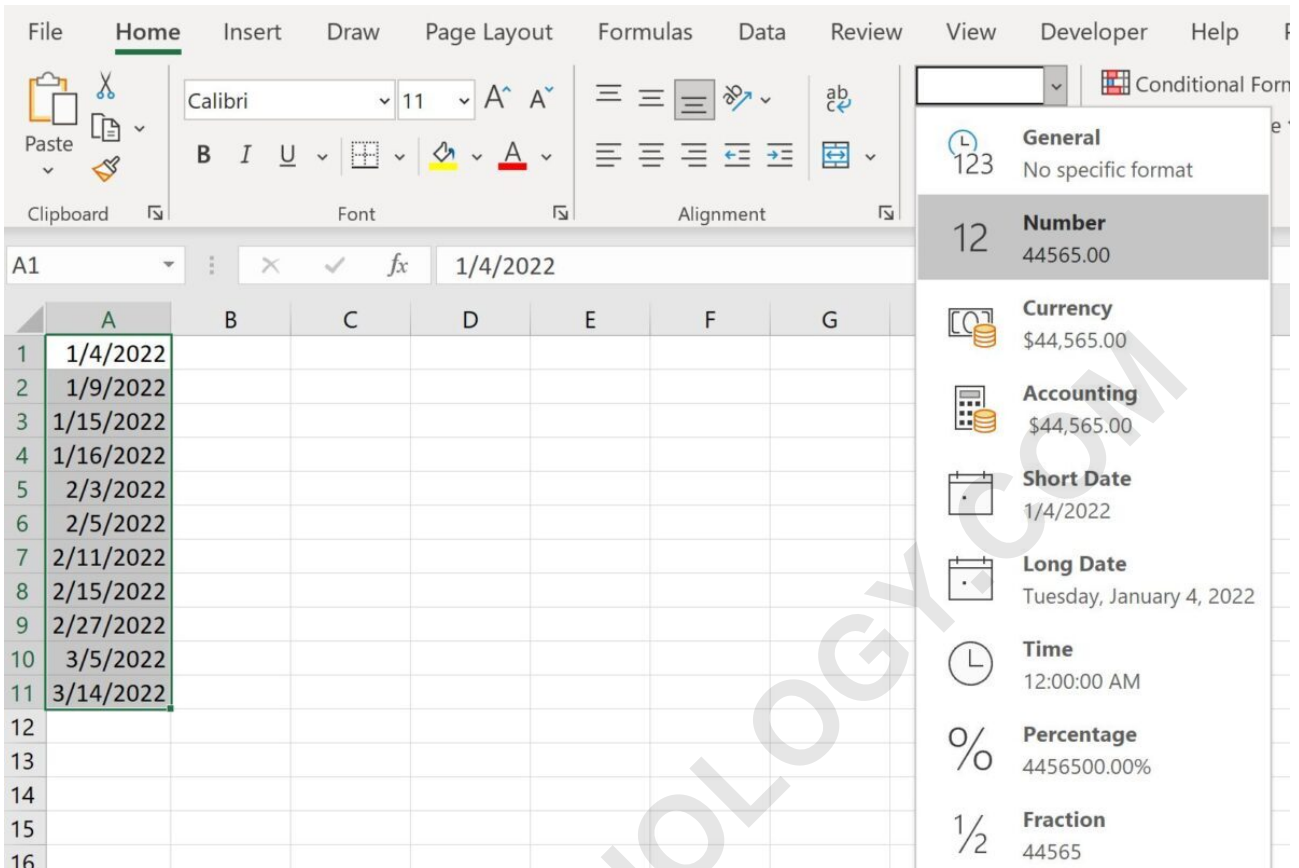
This tells us that there is a difference of 44,602 days between 2/10/2022 and 1/1/1900.

Example 2: Convert Several Dates to Numbers

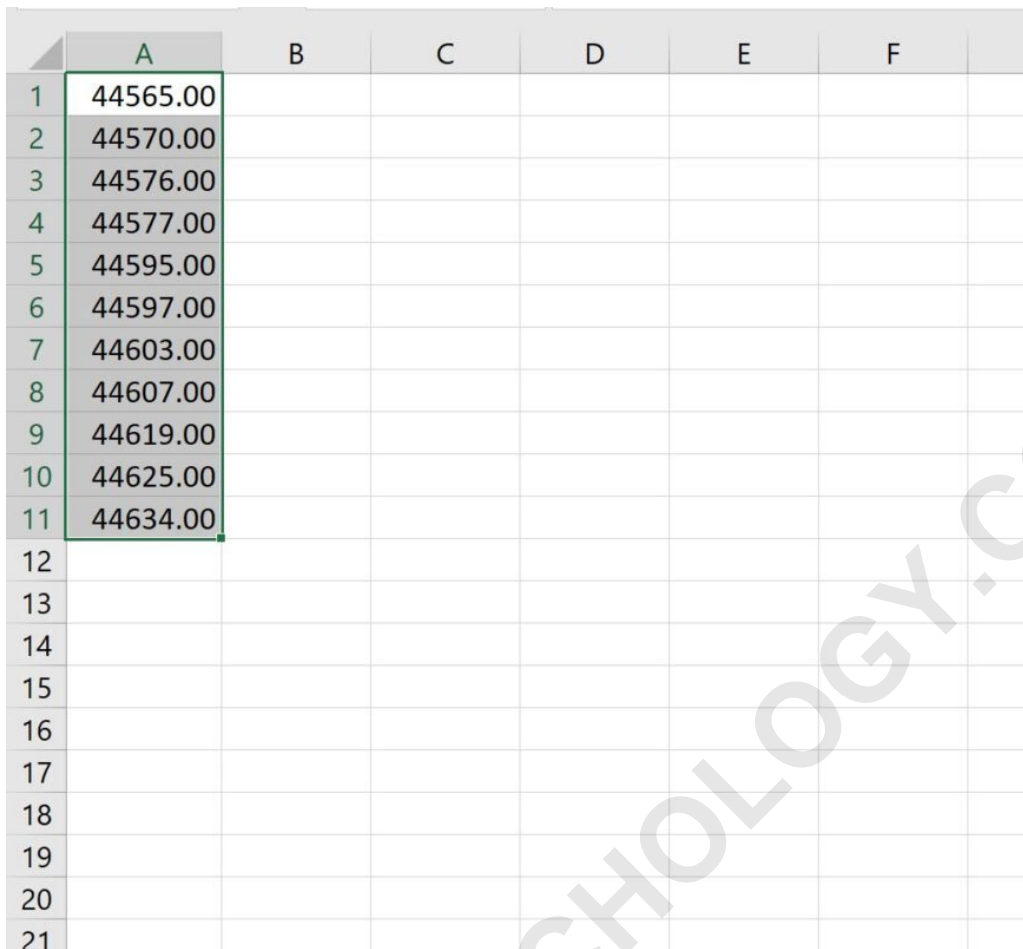
Suppose we have the following list of dates in Excel:

	A	B	C	D	E	F
1	1/4/2022					
2	1/9/2022					
3	1/15/2022					
4	1/16/2022					
5	2/3/2022					
6	2/5/2022					
7	2/11/2022					
8	2/15/2022					
9	2/27/2022					
10	3/5/2022					
11	3/14/2022					
12						
13						
14						
15						
16						
17						

To convert each of these dates to a number, we can highlight the range of cells that contain the dates, then click the Number format dropdown menu on the Home tab and choose Number:



This will automatically convert each date to a number that represents the number of days between each date and 1/1/1900:



	A	B	C	D	E	F
1	44565.00					
2	44570.00					
3	44576.00					
4	44577.00					
5	44595.00					
6	44597.00					
7	44603.00					
8	44607.00					
9	44619.00					
10	44625.00					
11	44634.00					
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						

Example 3: Convert Date to Number of Days Since Another Date

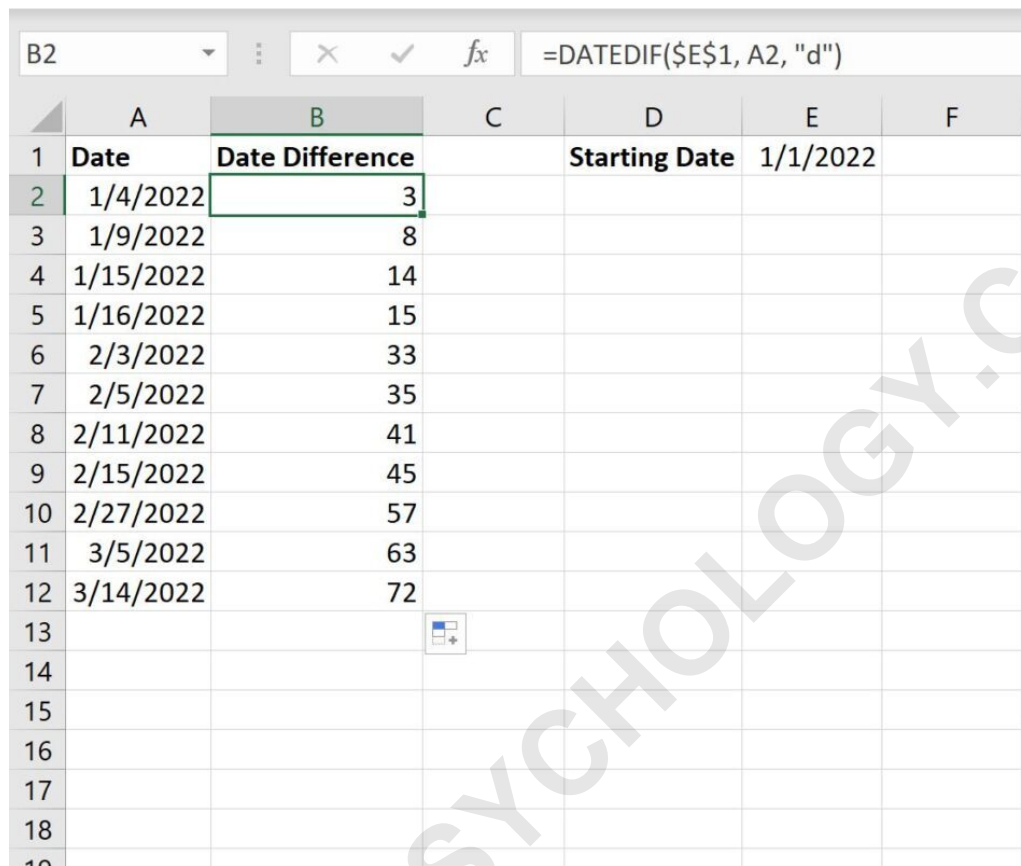
We can use the following formula to convert a date to a number of days since another date:

=DATEDIF(B2, A2, "d")

This particular formula calculates the number of days between the date in cell B2 and the date in cell A2.

The following screenshot shows how to use the

DATEDIF formula to calculate the number of days between the dates in column A and 1/1/2022:



	A	B	C	D	E	F
1	Date	Date Difference		Starting Date	1/1/2022	
2	1/4/2022	3				
3	1/9/2022	8				
4	1/15/2022	14				
5	1/16/2022	15				
6	2/3/2022	33				
7	2/5/2022	35				
8	2/11/2022	41				
9	2/15/2022	45				
10	2/27/2022	57				
11	3/5/2022	63				
12	3/14/2022	72				
13						
14						
15						
16						
17						
18						
19						

Here's how to interpret the values in column B:

There are 3 days between 1/1/2022 and 1/4/2022. There are 8 days between 1/1/2022 and 1/9/2022. There are 14 days between 1/1/2022 and 1/15/2022.

And so on.

Additional Resources

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

ARABPSYCHOLOGY.COM