

How can I get the first day of the week in Excel? Can you provide some examples?

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To obtain the first day of the week in Excel, the WEEKDAY function can be used. This function returns the numerical value of the day of the week for a given date. By specifying which day of the week is considered the first day (either Sunday or Monday), the formula can be customized to return the desired result. For example, if Monday is considered the first day of the week, entering the formula =WEEKDAY(date,2) will return the numerical value of Monday for the given date. Similarly, entering the formula =WEEKDAY(date,1) will return the numerical value of Sunday as the first day of the week. This function can be useful for organizing and analyzing data based on the days of the week.

Get First Day of Week in Excel (With Examples)

You can use one of the following formulas to get the first day of the week for a date in Excel:

Formula 1: Get First Day of Week (Assuming First Day is Sunday)

=A2-MOD(A2-1, 7)

Formula 2: Get First Day of Week (Assuming First Day is Monday)

=A2-MOD(A2-2, 7)

Both formulas assume that cell A2 contains the date you'd like to find the first day of the week for.

The following examples show how to use each formula

in practice with the following dataset in Excel:

	A	B	C	D	E	F
1	Date	Sales				
2	1/4/2022	23				
3	2/15/2022	29				
4	3/23/2022	40				
5	4/15/2022	45				
6	4/18/2022	34				
7	5/1/2022	35				
8	8/7/2022	20				
9	10/31/2022	20				
10	11/4/2022	23				
11	12/19/2022	29				
12						
13						
14						
15						
16						
17						
18						
19						
20						

Example: Get First Day of Week in Excel

We can type the following formulas into cell C2 and D2 to get the first day of the week for the date in cell A2:

C2: =A2-MOD(A2-1,7) D2: =A2-MOD(A2-2,7)

We can then click and drag each of these formulas down to the remaining cells in columns C and D:

	A	B	C	D
1	Date	Sales	First Day of Week (Sunday)	First Day of Week (Monday)
2	1/4/2022	23	44563	44564
3	2/15/2022	29	44605	44606
4	3/23/2022	40	44640	44641
5	4/15/2022	45	44661	44662
6	4/18/2022	34	44668	44669
7	5/1/2022	35	44682	44676
8	8/7/2022	20	44780	44774
9	10/31/2022	20	44864	44865
10	11/4/2022	23	44864	44865
11	12/9/2022	29	44899	44900
12			=A2-MOD(A2-1, 7)	=A2-MOD(A2-2, 7)
13				
14				
15				
16				
17				
18				
19				

By default, the date values are shown as numeric values.

Note: The numeric values represent the number of days since 1/1/1900.

To convert these numeric values to dates, we can highlight the cell range C2:D11 and then click the Number Format dropdown menu on the Home tab and then click Short Date:

The screenshot shows an Excel spreadsheet with the following data:

A	B	C	D	E	F	G
	Sales	First Day of Week (Sunday)	First Day of Week (Monday)			
1/2022	23	44563	44564			
2/2022	29	44605	44606			
3/2022	40	44640	44641			
4/2022	45	44661	44662			
5/2022	34	44668	44669			
6/2022	35	44682	44676			
7/2022	20	44780	44774			
8/2022	20	44864	44865			
9/2022	23	44864	44865			
10/2022	29	44899	44900			
		=A2-MOD(A2-1, 7)	=A2-MOD(A2-2, 7)			

The formula bar shows: `=A2-MOD(A2-1,7)`

The right-hand pane shows the following format options:

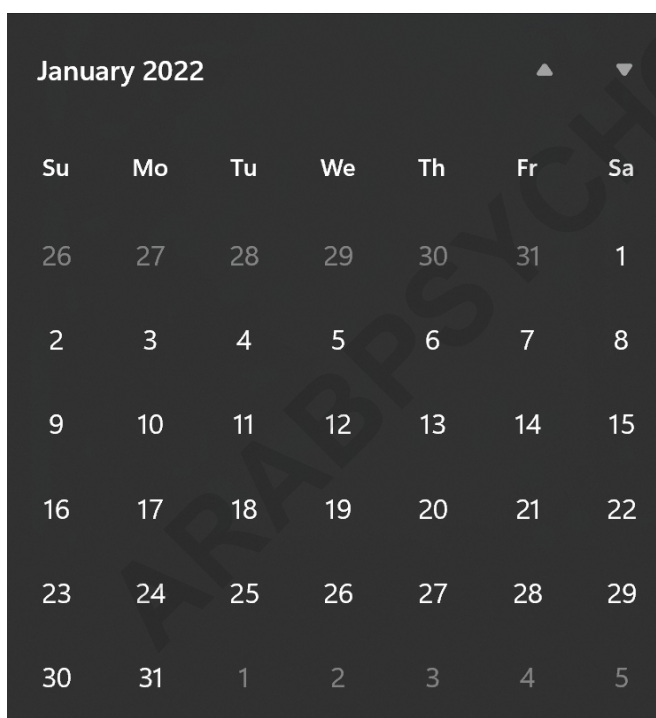
- General**: No specific format
- Number**: 44563.00
- Currency**: \$44,563.00
- Accounting**: \$44,563.00
- Short Date**: 1/2/2022
- Long Date**: Sunday, January 2, 2022
- Time**: 12:00:00 AM
- Percentage**: 4456300.00%
- Fraction**: 44563
- Scientific**: 4.46E+04

	A	B	C	D
1	Date	Sales	First Day of Week (Sunday)	First Day of Week (Monday)
2	1/4/2022	23	1/2/2022	1/3/2022
3	2/15/2022	29	2/13/2022	2/14/2022
4	3/23/2022	40	3/20/2022	3/21/2022
5	4/15/2022	45	4/10/2022	4/11/2022
6	4/18/2022	34	4/17/2022	4/18/2022
7	5/1/2022	35	5/1/2022	4/25/2022
8	8/7/2022	20	8/7/2022	8/1/2022
9	10/31/2022	20	10/30/2022	10/31/2022
10	11/4/2022	23	10/30/2022	10/31/2022
11	12/9/2022	29	12/4/2022	12/5/2022
12			=A2-MOD(A2-1, 7)	=A2-MOD(A2-2, 7)
13				
14				
15				
16				
17				
18				

Column C shows the first day of the week that the date in column A falls in, assuming the first day is considered Sunday.

Column D shows the first day of the week that the date in column A falls in, assuming the first day is considered Monday.

For example, we can look at a calendar to see that 1/4/2022 is on a Tuesday:



January 2022						
Su	Mo	Tu	We	Th	Fr	Sa
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Thus, if we consider Sunday the first day of the week then that date is 1/2/2022.

Or if we consider Monday the first of the week then that date is 1/3/2022.

These dates match the ones calculated by our formulas.

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

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