

# How do I convert days to weeks in Excel?

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## RECOMMENDED CITATION

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To convert days to weeks in Excel, follow these steps:

1. Select the cell where you want the converted value to appear.
2. Type the following formula: =A1/7 (assuming the days are in cell A1).
3. Press enter and the cell will display the converted value in weeks.
4. You can also use the "Format Cells" option to change the cell format to display the value in weeks.
5. Repeat the formula for other cells if needed.

Using this method, you can easily convert days to weeks in Excel for any given data.

## Convert Days to Weeks in Excel

You can use the following formulas in Excel to convert days to weeks:

**Method 1: Convert Days to Weeks with Decimals (e.g. 16 days = 2.2857 weeks)**

**=(B2-A2)/7**

**Method 2: Convert Days to Whole Weeks (e.g. 16 days = 2 weeks)**

**=ROUNDDOWN(DATEDIF(A2, B2, "d")/7, 0)**

Both formulas assume the start date is in cell **A2** and the end date is in cell **B2**.

The following examples show how to use each formula in practice with the following list of start and end dates in Excel:

	A	B	C	D	E
1	<b>Start Date</b>	<b>End Date</b>			
2	1/1/2022	1/17/2022			
3	2/1/2022	6/15/2022			
4	3/1/2022	8/25/2022			
5	4/1/2022	4/6/2022			
6	5/1/2022	12/25/2022			
7	6/1/2022	3/14/2023			
8	7/1/2022	9/16/2023			
9	8/1/2022	8/5/2023			
10					
11					
12					
13					
14					
15					
16					

### Example 1: Convert Days to Weeks with Decimals

We can use the following formula to find the number of weeks between the start and end dates in cells **A2** and **B2**, respectively:

**=(B2-A2)/7**

We can type this formula into cell **C2** and then click and drag it down to every remaining cell in column C:

	A	B	C	D
1	<b>Start Date</b>	<b>End Date</b>	<b>Weeks Between Dates</b>	
2	1/1/2022	1/17/2022	2.2857	
3	2/1/2022	6/15/2022	19.1429	
4	3/1/2022	8/25/2022	25.2857	
5	4/1/2022	4/6/2022	0.7143	
6	5/1/2022	12/25/2022	34	
7	6/1/2022	3/14/2023	40.8571	
8	7/1/2022	9/16/2023	63.1429	
9	8/1/2022	8/5/2023	52.7143	
10				
11				
12				
13				
14				
15				
16				
17				

Column C shows the number of weeks (including decimal places) between each start and end date.

For example:

There are **2.2857** weeks between 1/1/2022 and 1/17/2022.

There are **19.1429** weeks between 2/1/2022 and 6/15/2022.

There are **25.2857** weeks between 3/1/2022 and 8/25/2022.

And so on.

## Example 2: Convert Days to Whole Weeks

We can use the following formula to find the number of whole weeks between the start and end dates in cells **A2** and **B2**, respectively:

**=ROUNDDOWN(DATEDIF(A2, B2, "d")/7, 0)**

We can type this formula into cell **C2** and then click and drag it down to every remaining cell in column C:

	A	B	C	D	E	F
1	<b>Start Date</b>	<b>End Date</b>	<b>Weeks Between Dates</b>			
2	1/1/2022	1/17/2022	2			
3	2/1/2022	6/15/2022	19			
4	3/1/2022	8/25/2022	25			
5	4/1/2022	4/6/2022	0			
6	5/1/2022	12/25/2022	34			
7	6/1/2022	3/14/2023	40			
8	7/1/2022	9/16/2023	63			
9	8/1/2022	8/5/2023	52			
10						
11						
12						
13						
14						
15						
16						

Column C shows the number of whole weeks between each start and end date.

For example:

There are **2** whole weeks between 1/1/2022 and 1/17/2022.

There are **19** whole weeks between 2/1/2022 and 6/15/2022.

There are **25** whole weeks between 3/1/2022 and 8/25/2022.

And so on.

**Note:** This formula works by first using **DATEDIF** to calculate the difference between the dates in days, then divides by 7 to get the difference in weeks, then uses **ROUNDDOWN** to round down to the nearest integer.

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