

How to Easily Create a Sales Forecast in Excel: A Step-by-Step Guide

Authored by
stats writer

November 30, 2025

RECOMMENDED CITATION

stats writer (2025). *How to Easily Create a Sales Forecast in Excel: A Step-by-Step Guide*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=102359>

Creating a sales forecast in Excel is a simple process that requires the user to first enter their data into an Excel spreadsheet. The user then has to create formulas that will calculate the forecasted data. The user should also create a chart that will best graphically represent the forecasted data. Finally, the user should save the spreadsheet. Following these steps will allow the user to create an accurate and useful sales forecast in Excel.

The following step-by-step example shows how to create a sales forecast in Excel.

Step 1: Create the Data

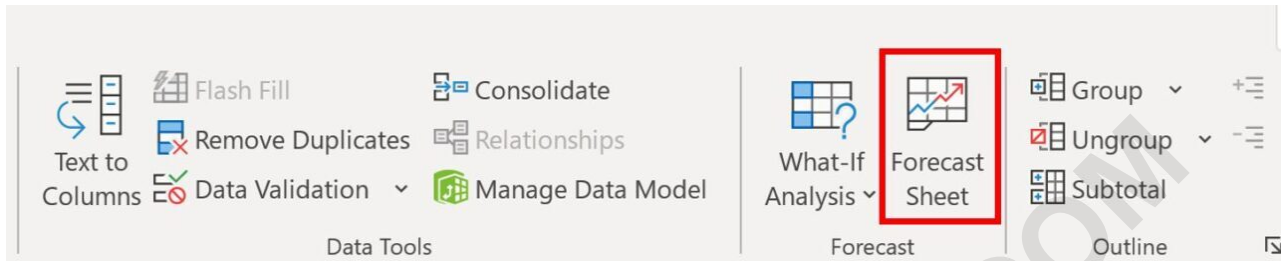
First, let's create a dataset that shows the total sales made by some company during 18 consecutive months:

	A	B	C	D	E	F
1	Date	Sales				
2	1/1/2020	45				
3	2/1/2020	56				
4	3/1/2020	61				
5	4/1/2020	78				
6	5/1/2020	85				
7	6/1/2020	90				
8	7/1/2020	91				
9	8/1/2020	98				
10	9/1/2020	104				
11	10/1/2020	118				
12	11/1/2020	120				
13	12/1/2020	140				
14	1/1/2021	130				
15	2/1/2021	130				
16	3/1/2021	137				
17	4/1/2021	148				
18	5/1/2021	159				
19	6/1/2021	166				
20						
21						

Note: In order to use the forecast functionality in the next step, make sure that each of your dates are at evenly spaced intervals. For example, the dates in the dataset above are each one month apart.

Step 2: Create a Forecast

Next, highlight the cells in the range **A1:B19** and then click the **Data** tab along the top ribbon and click **Forecast Sheet** within the **Forecast** group:



In the new window that appears, click the **Options** dropdown arrow near the bottom to specify the **Forecast Start** and **Forecast End** dates, then click **Create** to automatically create a forecast:



A forecast will automatically be generated for the future dates that you specified, along with 95% confidence interval limits:

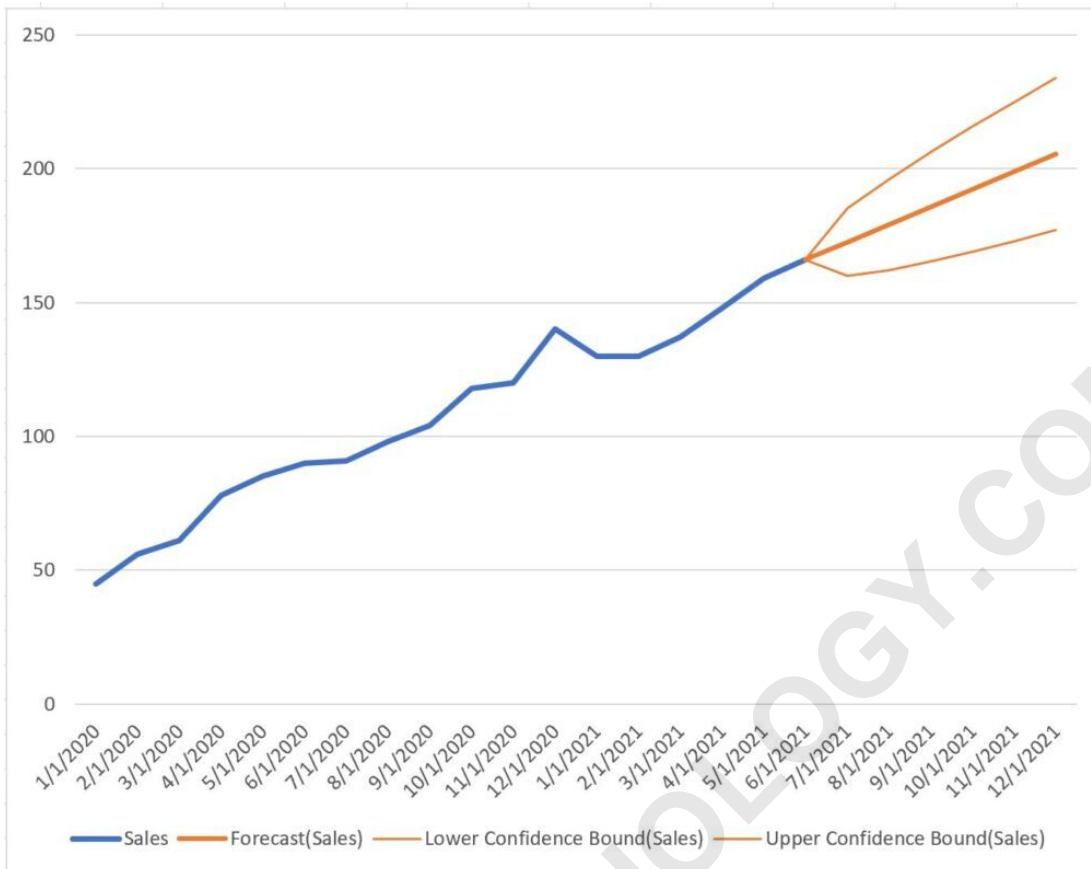
	A	B	C	D	E
1	Date	Sales	Forecast(Sales)	Lower Confidence Bound(Sales)	Upper Confidence Bound(Sales)
2	1/1/2020	45			
3	2/1/2020	56			
4	3/1/2020	61			
5	4/1/2020	78			
6	5/1/2020	85			
7	6/1/2020	90			
8	7/1/2020	91			
9	8/1/2020	98			
10	9/1/2020	104			
11	10/1/2020	118			
12	11/1/2020	120			
13	12/1/2020	140			
14	1/1/2021	130			
15	2/1/2021	130			
16	3/1/2021	137			
17	4/1/2021	148			
18	5/1/2021	159			
19	6/1/2021	166	166	166.00	166.00
20	7/1/2021		172.5182434	159.90	185.14
21	8/1/2021		179.1243256	162.14	196.11
22	9/1/2021		185.7304079	165.28	206.18
23	10/1/2021		192.3364902	168.92	215.75
24	11/1/2021		198.9425725	172.90	224.99
25	12/1/2021		205.5486548	177.11	233.99
26					
27					

Here's how to interpret the output:

The forecasted sales for **7/1/2021** are 172.518 and the 95% confidence interval for this forecast is .
 The forecasted sales for **8/1/2021** are 179.12 and the 95% confidence interval for this forecast is .

And so on.

A line chart with the forecasted values is also produced automatically:



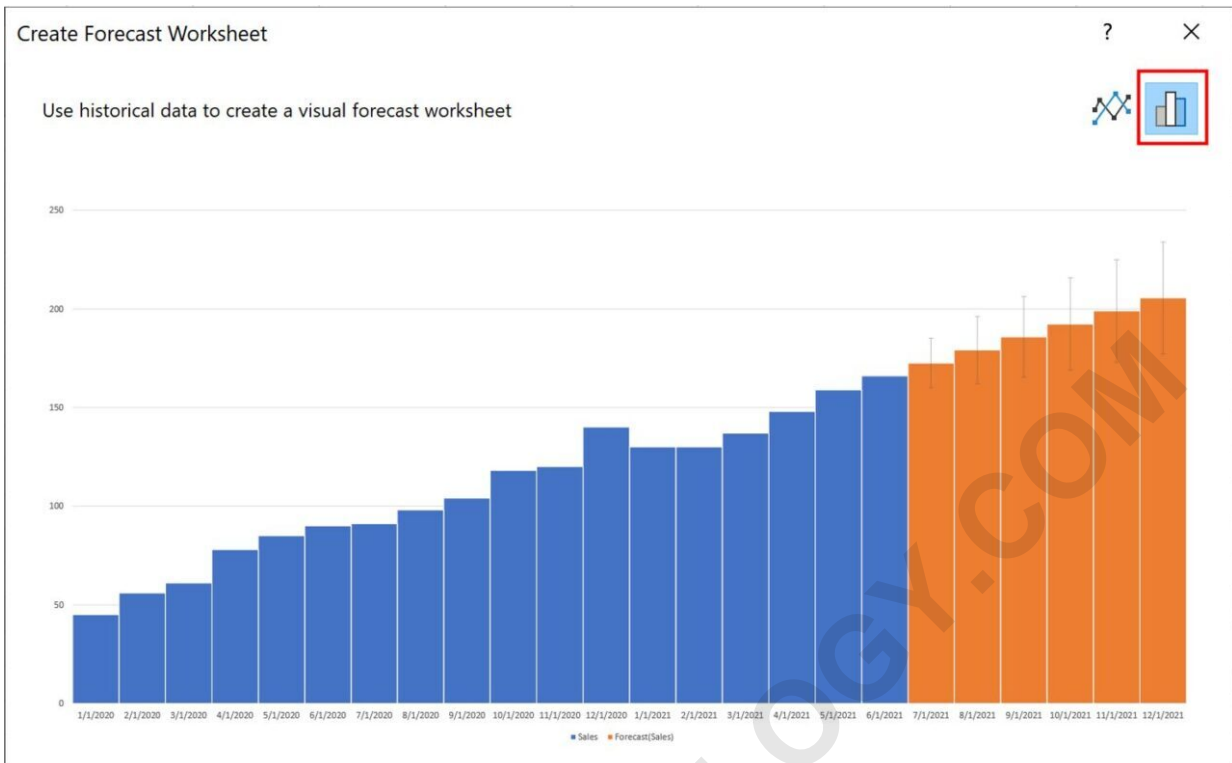
The dark blue line represents the historical sales values.

The dark orange line represents the forecasted sales values.

The light orange lines represent the 95% confidence limits for the forecasted sales values.

Step 3: Modify the Forecast (Optional)

When creating the forecast, you can choose to display the results in a bar graph instead of a line graph by clicking the bars icon in the top right corner:



The blue bars represent the historical sales values and the orange bars represent the forecasted sales values.

Note that the confidence interval for each sales forecast will be represented with vertical error bars along the top of each of the orange bars.