To calculate your age in terms of years, months, and days, you can follow these steps:

1. **Get the current date.**
2. **Get your birthdate.**
3. **Calculate the difference between the current date and your birthdate.**

Here’s a step-by-step explanation of the calculation process:

**Steps:**

1. **Calculate years**:
   * Subtract the birth year from the current year.
   * **If the birth month and day haven't occurred yet in the current year, subtract 1 from the calculated years.**
2. **Calculate months**:
   * Subtract the birth month from the current month.
   * If the current day is earlier in the month than the birth day, subtract 1 from the calculated months.
3. **Calculate days**:
   * If the current day is earlier than the birth day, find the difference by borrowing days from the previous month.

**Example Calculation:**

* **Birthdate**: January 15, 1990
* **Current Date**: August 12, 2024

1. **Years**:
   * 2024 - 1990 = 34 years
   * Since August is after January, no adjustment is needed for the year.
2. **Months**:
   * August - January = 7 months
3. **Days**:
   * The difference between August 12 and January 15 is 12 days (in the current month) minus 15 days (from the birth date), so the adjustment would give us an additional month added.

So roughly with this calculation: The age is \*\*34 Years, 7 months and …days