While working on this project, I thought about how fascinating it is to measure time in different ways. Each unit gives a different perspective on how long I've been around. I also considered the importance of using average values for conversions, as they can vary, making the results approximate but still useful.

Example as per given i.e. I am 10 years old, so I’ve lived for 120 months. So Months are already given as 120 months.

Calculate how long I’ve lived in different time units (months, weeks, days, hours, minutes, seconds), I have to make each unit’s calculation logic by using maths formula for each unit for make is easy for me.

For example,

age \* months per year = duration months = i.e. (10\*12 = 120)

age \* weeks per year = duration weeks

age \* days per year = duration days

duration days \* hours per day = duration hours

duration hours \* minutes per hour= duration minutes

duration minutes \* seconds per minute = duration seconds