Days until Birthday in Excel

To calculate the number of days until your birthday in Excel, execute the following steps.

1. Enter the date of birth into cell B2.

B2	▼	⋮	✕	✓	fx	4/21/1980		
	A	B	C	D	E	F	G
1	Name	Date of Birth					
2	Sharon	4/21/1980					
3							

2. Enter the TODAY function into cell C2 to return today's date.

C2	▼	⋮	✕	✓	fx	=TODAY()		
	A	B	C	D	E	F	G
1	Name	Date of Birth	Today				
2	Sharon	4/21/1980	3/20/2023				
3							

3. The most difficult part in order to get the number of days until your birthday is to find your next birthday. The formula below does the trick.

D2	▼	⋮	=DATE(YEAR(B2)+DATEDIF(B2,C2,"y")+1,MONTH(B2),DAY(B2))			
	A	B	C	D	E	F	G
1	Name	Date of Birth	Today	Next Birthday			
2	Sharon	4/21/1980	3/20/2023	4/21/2023			
3							

Explanation: The DATE function accepts three arguments: year, month and day. We used the DATEDIF function to find the number of complete years ("y") between Date of Birth and Today. In this example, DATEDIF(B2,C2,"y") equals 42. If 42 complete years have passed since your date of birth (in other words, you have already celebrated your 42nd birthday), your next birthday will be 42 + 1 = 43 years after your date of birth.

4. Next, we use the DATEDIF function to find the number of days ("d") between Today and Next Birthday.

E2	▼	⋮	✕	✓	fx	=DATEDIF(C2,D2,"d")		

◢	A	B	C	D	E	F	G
1	Name	Date of Birth	Today	Next Birthday	Days until Birthday		
2	Sharon	4/21/1980	3/20/2023	4/21/2023	32		
3							

Conclusion: Sharon's birthday is in 32 days.

If you have a list of names and birthdates, you can use Excel to highlight upcoming birthdays. This is pretty cool.

5. For example, the formula below calculates how many days are left until Emily's birthday.

=DATEDIF(F1,DATE(YEAR(B2)+DATEDIF(B2,F1,"y")+1,MONTH(B2),DAY(B2)),"d")							

◢	A	B	C	D	E	F	G	H
1	Name	Date of Birth	Days until Birthday		Today	3/20/2023		
2	Emily	4/18/1985	29					
3	James	6/28/1982						
4	Mia	5/12/1990						
5	John	3/22/1984						
6	Jessica	8/30/1986						
7	Mark	3/27/1987						
8	Richard	12/1/1992						
9								

Note: this formula isn't new. To create this formula, take the formula from step 4 and replace D2 with the formula from step 3. Next, replace C2 with F1.

6. Double click the lower right corner of cell C2 to quickly copy the formula to the other cells.

=DATEDIF(F1,DATE(YEAR(B2)+DATEDIF(B2,F1,"y")+1,MONTH(B2),DAY(B2)),"d")							

◢	A	B	C	D	E	F	G	H
1	Name	Date of Birth	Days until Birthday		Today	3/20/2023		
2	Emily	4/18/1985	29					
3	James	6/28/1982	100					
4	Mia	5/12/1990	53					
5	John	3/22/1984	2					
6	Jessica	8/30/1986	163					

	A	B	C				
6	Jessica	6/30/1986	163				
7	Mark	3/27/1987	7				
8	Richard	12/1/1992	256				
9							

Explanation: the absolute reference (F1) stays the same, while the relative reference (B2) changes to B3, B4, etc. Visit our page about absolute reference to learn more about this topic.
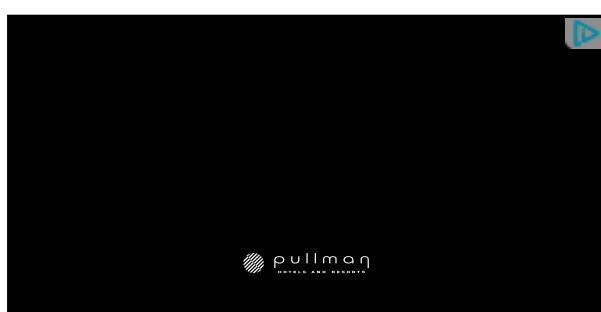
7. To highlight upcoming birthdays within a week (green) or within a day (red), you can use conditional formatting in Excel.

`=DATEDIF($F$1,DATE(YEAR(B2)+DATEDIF(B2,$F$1,"y")+1,MONTH(B2),DAY(B2)),"d")`

	A	B	C	D	E	F	G	H
1	Name	Date of Birth	Days until Birthday		Today	3/20/2023		
2	Emily	4/18/1985	29					
3	James	6/28/1982	100					
4	Mia	5/12/1990	53					
5	John	3/22/1984	2					
6	Jessica	8/30/1986	163					
7	Mark	3/27/1987	7					
8	Richard	12/1/1992	256					
9								

8. This is what the spreadsheet will look like tomorrow.

`=DATEDIF($F$1,DATE(YEAR(B2)+DATEDIF(B2,$F$1,"y")+1,MONTH(B2),DAY(B2)),"d")`

	A	B	C	D	E	F	G	H
1	Name	Date of Birth	Days until Birthday		Today	3/21/2023 ←		
2	Emily	4/18/1985	28					
3	James	6/28/1982	99					
4	Mia	5/12/1990	52					
5	John	3/22/1984	1					
6	Jessica	8/30/1986	162					
7	Mark	3/27/1987	6					
8	Richard	12/1/1992	255					
9								

Tip: visit our page about conditional formatting to learn more about this topic. You can download the Excel file (right side of this page) to see the applied conditional formatting rules.

Chapter

- Date & Time Functions

Learn more, it's easy

- DateDif
- Today's Date
- Date and Time Formats
- Calculate Age
- Time Difference
- Weekdays
- Days until Birthday
- Last Day of the Month
- Add or Subtract Time
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- Day of the Year
- Days between Dates

↓ Download Excel File

- days-until-birthday.xlsx

Next Chapter

- Text Functions

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