

# Learning to Calculate Weeks Between Dates in Google Sheets

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## Introduction to Calculating Weekly Duration

Determining the time elapsed between two specific calendar dates is a critical skill required for effective **data analysis**, project oversight, and efficient scheduling within spreadsheet applications. In the environment of [Google Sheets](#), dates are not merely text labels; they are internally represented as sequential numerical values, a system referred to as [Date serialization](#). This numerical foundation is incredibly powerful, as it allows for simple arithmetic: by subtracting the start date from the end date, we immediately obtain the total number of days separating the two points. The final step is converting this daily count into weeks through a simple division by seven.

This expert guide focuses on implementing two distinct and highly effective formulas in [Google Sheets](#) to accurately calculate the difference in weeks. We will demonstrate methods tailored for different needs: first, determining only the count of **full weeks completed**, and second, providing a more detailed breakdown that includes both the full weeks and any **remaining residual days**. For clarity and consistency throughout the examples, we establish a convention: cell **A2** will always contain the initial start date, and cell **B2** will contain the final end date.

The following two formulas represent the core solutions for achieving reliable date difference calculations specifically measured in weekly intervals:

### Formula 1: Calculate Full Weeks Between Two Dates

```
=INT((B2-A2)/7)
```

### Formula 2: Calculate Full Weeks and Days Between Two Dates

```
=INT((B2-A2)/7) & " weeks, " & MOD((B2-A2), 7) & " days"
```

## The Principles of Date Arithmetic in Google Sheets

The efficiency of date calculations in [Google Sheets](#) is fundamentally rooted in its adoption of the serial number system for managing time. Under this system, the earliest date recognized, typically January 1, 1900, is assigned the numerical value of 1, and every subsequent day increases the integer count by one. This standardized numerical representation is what enables the critical first step in our calculation: subtracting the serial number of the start date (A2) from the serial number of the end date (B2). The resulting difference, expressed simply as  $(B2 - A2)$ , is the exact, unadulterated count of days between the two points in time.

Once the total number of days has been accurately determined, the next logical step is to convert this duration into weekly units. Since a week is precisely seven days, dividing the total days by

seven provides the duration in weeks, which will almost always include a fractional or decimal component if the total days are not an exact multiple of seven. The core challenge of these formulas is not the division itself, but how to mathematically handle this decimal. We must cleanly separate the whole number (representing completed weeks) from the decimal part (which indicates the remaining days).

To achieve this precise separation, we rely on two powerful mathematical functions embedded within the spreadsheet environment: the **INT function** (Integer) and the **MOD function** (Modulo). The INT function is designed to truncate the decimal portion of any number, effectively returning only the largest integer that is less than or equal to the calculated value. This action is crucial for isolating the count of full, completed weekly cycles. Conversely, the MOD function is used specifically to determine the remainder left after a division operation, which tells us exactly how many days are left over after the full weeks have been accounted for.

## Method 1: Isolating Complete Weeks Using INT

The first formula is designed for scenarios where the objective is strictly to determine how many complete, uninterrupted seven-day periods exist between the start and end dates. This approach is highly useful for specific applications such as calculating the number of complete **billing cycles**, quantifying recurring weekly events, or defining project milestones that must align precisely with the conclusion of a full week. In these cases, partial weeks are irrelevant and must be excluded from the final tally.

The initial calculation,  $= (B2 - A2) / 7$ , produces the exact duration in weeks, including any fractional component. For example, if the calculated difference between the two dates is 33 days, the result of this division is approximately 4.714 weeks. Since our requirement is to count only the full weeks, we must discard the fractional part (.714). This is the exact role of the **INT function**--to perform a mathematical truncation that strips away all numbers following the decimal point.

By wrapping the core arithmetic within the INT function, the complete formula becomes  $=INT((B2 - A2) / 7)$ . This instructs [Google Sheets](#) to calculate the total duration and then round the result down to the nearest whole number. Returning to our 4.714-week example, the INT function ensures that the final output is **4**, which accurately reflects that four full weeks were completed during the 33-day span. This method guarantees a precise, unambiguous count of full weekly cycles.

## Method 2: Achieving Precision with MOD and Concatenation

While knowing the number of full weeks is often sufficient, many data applications, particularly those involving project management or detailed resource allocation, demand greater temporal precision, requiring the count of both full weeks and any leftover days. This second formula is

structurally more advanced because it integrates three core components: the **INT function**, the **MOD function**, and the **Concatenation operator** (&), which is used to combine numerical results with descriptive text strings.

The formula begins identically to Method 1; the segment `INT((B2 - A2) / 7)` successfully calculates and isolates the count of full weeks. The innovative part of this formula lies in the second segment, which is dedicated to finding the **remainder**--the exact number of days remaining after the full weeks have been subtracted from the total duration. This remainder calculation is the exclusive domain of the **MOD function**. The MOD function returns the remainder when the total number of days (the dividend, `B2 - A2`) is divided by the divisor (7, representing the days in a week).

The remainder calculation is structured as `MOD((B2 - A2), 7)`. If the total duration is, for instance, 33 days, then `MOD(33, 7)` returns **5**, confirming that there are 5 days remaining after the four full weeks (28 days) are counted. Finally, the **Concatenation operator** (&) is used to stitch together the results from the INT calculation and the MOD calculation with customized text, such as " weeks, " and " days". This results in a comprehensive, easily readable output string, such as "4 weeks, 5 days." This descriptive format is highly valuable for clear reporting.

## Practical Walkthrough: Applying Formulas to Data

To demonstrate the practical application and outcome of these two formulas, we will utilize a sample dataset containing various start and end date pairs. The data layout assumes that Column A holds the Start Date and Column B holds the End Date. Our objective is to populate Column C with the calculated weekly difference derived from both methods.

The visual representation below shows the initial data setup before applying the formulas:

	A	B	C	D
1	<b>Start Date</b>	<b>End Date</b>		
2	1/1/2022	2/4/2022		
3	1/7/2022	5/29/2022		
4	1/20/2022	2/5/2022		
5	2/1/2022	2/19/2022		
6	2/3/2022	9/15/2022		
7	2/5/2022	10/30/2022		
8	2/8/2022	11/4/2022		
9	3/1/2022	11/15/2022		
10				
11				
12				
13				
14				
15				

### Example 1: Calculating Only Full Weeks

For our first demonstration, we employ Formula 1 to determine the number of full weeks for each row. The formula is initially entered into cell **C2**, referencing the relevant start date (A2) and end date (B2):

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

Once the formula is correctly entered in C2, we use the efficient **fill handle** feature in [Google Sheets](#)--clicking and dragging the cell corner down--to swiftly apply the calculation across the entire dataset in Column C. This process yields the set of results shown in the image below, illustrating the clean integer output generated by the INT function.

C2    ▾    **fx**    =INT((B2-A2)/7)

	A	B	C	D
1	<b>Start Date</b>	<b>End Date</b>	<b>Full Weeks Between Dates</b>	
2	1/1/2022	2/4/2022	4	
3	1/7/2022	5/29/2022	20	
4	1/20/2022	2/5/2022	2	
5	2/1/2022	2/19/2022	2	
6	2/3/2022	9/15/2022	32	
7	2/5/2022	10/30/2022	38	
8	2/8/2022	11/4/2022	38	
9	3/1/2022	11/15/2022	37	
10				
11				
12				
13				
14				
15				

The resulting values in Column C showcase the precise truncation of partial weeks:

For the 34-day period (1/1/2022 to 2/4/2022), the duration is slightly less than five weeks, and the formula correctly returns **4** full weeks.

A longer span of 142 days (1/7/2022 to 5/29/2022) results in 20.28 weeks, which is truncated to **20** full weeks.

The 16-day interval (1/20/2022 to 2/5/2022) results in 2.28 weeks, yielding **2** full weeks.

This method is highly effective when the primary goal is a simple, quantifiable count of completed weekly cycles, regardless of the remaining days.

### Example 2: Calculating Full Weeks and Remaining Days

When comprehensive temporal detail is required, we utilize the complexity of Formula 2, combining the INT and MOD functions with text [Concatenation](#). This complete formula is entered into cell **C2** to begin the process:

**=INT((B2-A2)/7)& " weeks, " & MOD((B2-A2), 7) & " days"**

By applying the fill handle feature to Column C once more, the formula generates descriptive text outputs for every row, providing a complete breakdown of the duration, ensuring that no residual

days are overlooked, as demonstrated in the output below.

C2  $\text{fx}$  =INT((B2-A2)/7)& " weeks, " & MOD((B2-A2), 7) & " days"

	A	B	C	D
1	<b>Start Date</b>	<b>End Date</b>	<b>Full Weeks and Days Between Dates</b>	
2	1/1/2022	2/4/2022	4 weeks, 6 days	
3	1/7/2022	5/29/2022	20 weeks, 2 days	
4	1/20/2022	2/5/2022	2 weeks, 2 days	
5	2/1/2022	2/19/2022	2 weeks, 4 days	
6	2/3/2022	9/15/2022	32 weeks, 0 days	
7	2/5/2022	10/30/2022	38 weeks, 1 days	
8	2/8/2022	11/4/2022	38 weeks, 3 days	
9	3/1/2022	11/15/2022	37 weeks, 0 days	
10				
11				
12				
13				
14				

This detailed format ensures a complete breakdown of the duration:

For the 34-day period, the result is the precise duration of **4 weeks and 6 days**. The MOD function successfully isolated the 6 remaining days (34 days divided by 7 equals 4 with a remainder of 6).

The 142-day period yields **20 weeks and 2 days**.

The 16-day span returns **2 weeks and 2 days**.

This approach is generally preferred in professional reporting and scheduling tasks where the specific number of residual days is critical for accurate planning and resource allocation.

## Interpreting Results and Key Considerations

The decision between using Formula 1 (INT only) and Formula 2 (INT and MOD) should be driven by the specific analytical or operational requirement. If the context is purely statistical, such as measuring the frequency of recurring weekly events, the INT-only approach (Formula 1) provides a clean, easily aggregated integer output that is sufficient.

However, for practical business functions like **project management**, calculating precise resource schedules, or setting realistic deadlines, the granularity offered by Formula 2 is indispensable.

Knowing that a critical milestone is 12 weeks and 3 days away offers significantly more actionable intelligence than simply stating "12 weeks." The effective use of [Concatenation](#) further enhances this utility by transforming raw numerical data into descriptive, user-friendly reports directly within the spreadsheet.

It is crucial to recognize that both formulas calculate the difference based solely on the total number of days elapsed. They are designed to provide a purely **calendar-based duration** and inherently do not incorporate complexities such as time zone differences, national holidays, or business day definitions. For specialized calculations that must exclude weekends or holidays, more advanced functions (such as the NETWORKDAYS family) would be necessary. Nonetheless, for calculating basic total duration measured in weekly intervals, these two formulas remain the most robust and computationally efficient solutions available in [Google Sheets](#). (Link GS 4/5).

## Summary and Next Steps

Mastering the art of calculating date differences in [Google Sheets](#) is undeniably a core skill for any user managing temporal data. By understanding the underlying principle of date serialization and effectively leveraging the mathematical power of the INT function and the MOD function, users can quickly transform raw date inputs into meaningful weekly durations. Whether the need is a simple count of completed weeks or a detailed breakdown including all remaining days, these formulas provide precise and reliable results. (Link GS 5/5).

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