

Excel DAYS Function: Mastering Date Calculations

Learn how to use Excel's DAYS function to calculate the number of days between dates efficiently and accurately.



by **Excel Training London**



DAYS Function Overview

■ Purpose

Count days between dates

■ Return Value

A number representing days

■ Syntax

=DAYS(end_date, start_date)



How to Use DAYS

Basic Usage

With start date in A1 and end date in B1: =DAYS(B1,A1)

Text Dates

DAYS can handle dates in text format:

```
=DAYS("7/15/2016","7/1/2016")
```

Key Features of DAYS



Whole Numbers

DAYS only works with whole numbers, ignoring fractional time values.



Reversible

If start and end dates are reversed, DAYS returns a negative number.



All Days Counted

DAYS returns all days between dates, including weekends and holidays.

DAYS vs. Simple Subtraction



1

DAYS Function
`=DAYS(A2,A1)`

2

Simple Subtraction
`=A2-A1`

3

Result
Both return the same result for valid Excel dates

Including End Date in Count

Standard DAYS

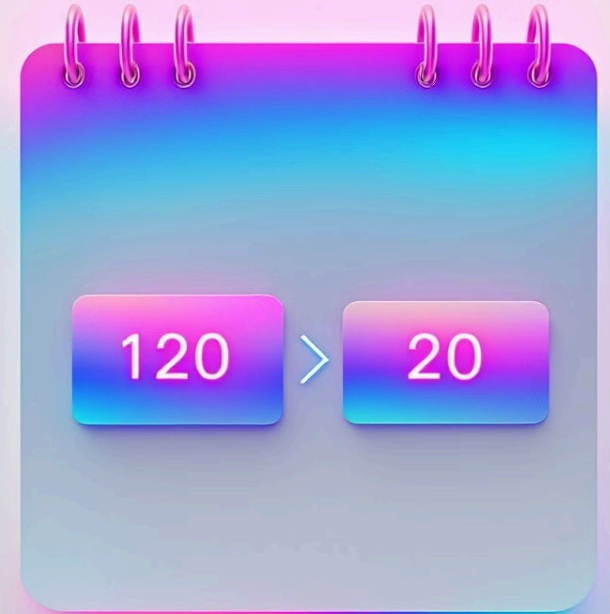
`=DAYS("1-Mar-21","2-Mar-21")`
returns 1

Including End Date

`=DAYS("1-Mar-21","2-Mar-21")+1`
returns 2

Use Case

Useful when you need to include both start and end dates in your calculation



DAYS Function Limitations

1

Whole Numbers Only

DAYS ignores time values, focusing solely on dates.

2

Date Recognition

Returns #VALUE! error if dates are not recognized.

3

Date Range

Returns #NUM! error if dates are out of Excel's valid range.



Related Functions



YEARFRAC, DAYS360, NETWORKDAYS, and NETWORKDAYS.INTL offer additional date calculation options.

Best Practices

1

Use Native Excel Dates

Avoid storing dates as text to prevent errors.

2

Validate Input

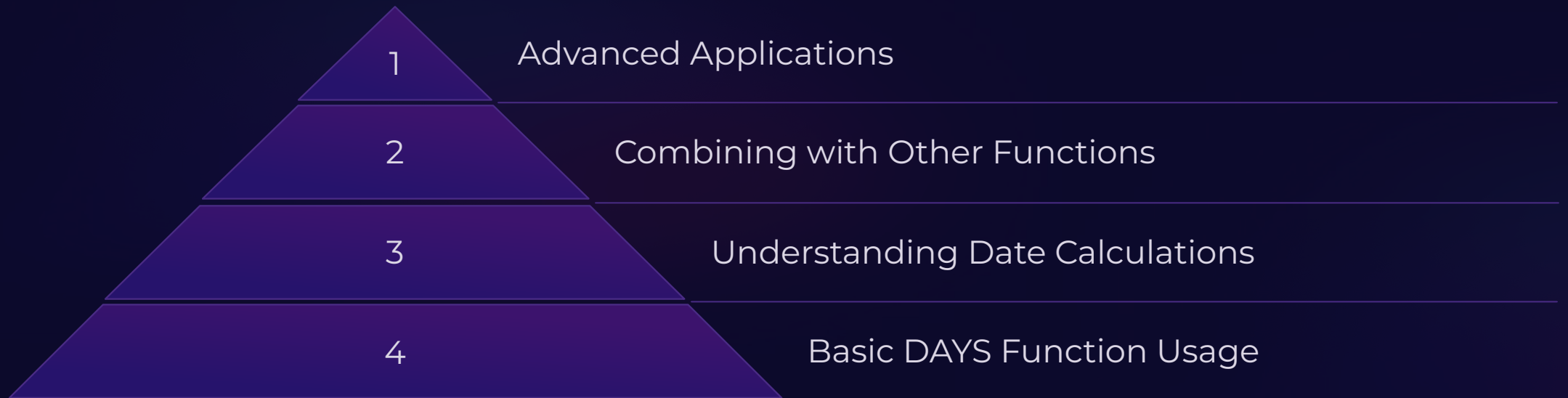
Ensure dates are within Excel's valid range.

3

Consider Workdays

Use NETWORKDAYS for business day calculations.

Mastering Excel Date Functions



Continue exploring Excel's date functions to enhance your spreadsheet skills and efficiency.