

Cat Age to Human Years

Complete conversion chart from age 1 through 25

Cats mature much faster than humans during their first two years. After age two, a commonly used comparison adds approximately four human years for each additional cat year. These equivalents are a simple reference, not an exact biological conversion.

Cat Age	Human Age	Cat Age	Human Age
1 year	15 years	14 years	72 years
2 years	24 years	15 years	76 years
3 years	28 years	16 years	80 years
4 years	32 years	17 years	84 years
5 years	36 years	18 years	88 years
6 years	40 years	19 years	92 years
7 years	44 years	20 years	96 years
8 years	48 years	21 years	100 years
9 years	52 years	22 years	104 years
10 years	56 years	23 years	108 years
11 years	60 years	24 years	112 years
12 years	64 years	25 years	116 years
13 years	68 years		

Why the 7-year rule is wrong: A one-year-old cat is already developmentally closer to a human teenager than a seven-year-old child. By age two, a cat is roughly comparable to a person in their early twenties. Aging then becomes more gradual.