

Cat Age Chart

Compared to Human Years



Life Stage	Cat Age	Human Equivalent Age
Kitten Birth - 6 months	1 month	1 year
	2 months	2 years
	3 months	4 years
	4 months	6 years
	6 months	10 years
Junior 7 months - 2 years	1 year	15 years
	1.5 years	21 years
	2 years	24 years
Adult 3-6 years	3 years	28 years
	4 years	32 years
	5 years	36 years
	6 years	40 years
Mature 7-10 years	7 years	44 years
	8 years	48 years
	9 years	52 years
	10 years	56 years
Senior 11-14 years	11 years	60 years
	12 years	64 years
	13 years	68 years
	14 years	72 years
Super Senior 15 years+	15 years	76 years
	16 years	80 years
	17 years	84 years
	18 years	88 years
	19 years	92 years
	20 years	96 years
	21 years	100 years
	22 years	104 years
	23 years	108 years
	24 years	112 years
	25 years	116 years