

ChronoCalc

Quick Reference Card for Chronological Age Calculation

THE BORROWING METHOD

Step 1: Write the target date above the birth date (year, month, day columns).

Step 2: Subtract **days**. If target day < birth day, borrow days from the previous month.

Step 3: Subtract **months**. If target month < birth month, borrow 12 months from the year.

Step 4: Subtract **years**. Result = years, months, days.

WORKED EXAMPLE

	Year	Month	Day
Target Date:	2026	January (01)	15
Birth Date:	2014	November (11)	28
Step 1 - Days:	15 - 28 = need to borrow		
Borrow:	from Dec (31 days)	Jan becomes Dec	15 + 31 = 46
			46 - 28 = 18 days
Step 2 - Months:	0 - 11 = need to borrow		
Borrow:	2026 becomes 2025	0 + 12 = 12	
		12 - 11 = 1 month	
Step 3 - Years:	2025 - 2014 = 11 years		
RESULT:	<11 years, 1 month, 18 days		

LEAP YEAR RULES

Rule: A year is a leap year if divisible by 4, except centuries not divisible by 400.

Feb has **29 days** in leap years, **28 days** in common years.

When borrowing across Feb, use the correct day count for that *specific year*.

MONTH LENGTH QUICK REFERENCE

January (31)	February (28/29)	March (31)	April (30)
May (31)	June (30)	July (31)	August (31)
September (30)	October (31)	November (30)	December (31)

EXCEL FORMULAS

Years: =DATEDIF(A1,B1,"Y")

Months: =DATEDIF(A1,B1,"YM")

Days: =DATEDIF(A1,B1,"MD")

Combined: =DATEDIF(A1,B1,"Y")&"y "&DATEDIF;(A1,B1,"YM")&"m "&DATEDIF;(A1,B1,"MD")&"d"

ASSESSMENT PUBLISHER ROUNDING RULES

Publisher	Format	Rounding	Notes
Pearson (WISC-V)	Y:M	Nearest month	Use day thresholds from manual
BRIGANCE	Y:M:D	No rounding	Exact age required
WISC (standalone)	Y:M	Nearest month	Same as Pearson WISC-V
Super Duper	Y:M	Nearest month	SLP-specific conventions
General / Standard	Y:M:D	No rounding	Use exact age

GESTATIONAL AGE & CORRECTED AGE

PMA (Post-Menstrual Age): Gestational Age + Chronological Age (in weeks)

Corrected Age: Chronological Age - Weeks of Prematurity

Use corrected age until 24 months for developmental milestone assessment.

Weeks premature = 40 - Gestational Age at birth

Category	Gestational Age	Risk
Extremely Preterm	< 28 weeks	Very High
Very Preterm	28-32 weeks	High
Moderate Preterm	32-34 weeks	Moderate
Late Preterm	34-37 weeks	Lower

Download the free online calculator at chronocalc.com | Updated 2026

This quick reference card is for educational and clinical use. Always verify critical calculations.