Cat Age Chart: Cat Years to Human Years and Life Stage

Cat years to human years for ages 1 to 16, with the life stage for each age.

Last checked November 18, 2026. Source: Chewy Education: cat age chart, years 1 to 16; AAHA/AAFP 2021 Feline Life Stage Guidelines: stage ages.

Cat age in human years and life stage

Cat age (years)	Human years	Life stage
1	15	Young adult
2	24	Young adult
3	28	Young adult
4	32	Young adult
5	36	Young adult
6	42	Young adult
7	47	Mature adult
8	51	Mature adult
9	56	Mature adult
10	60	Mature adult
11	65	Senior
12	69	Senior
13	74	Senior
14	78	Senior
15	83	Senior
16	87	Senior

- Life stages follow the AAHA/AAFP feline life stage guidelines: kitten to 1 year, young adult 1 to 6, mature adult 7 to 10, senior over 10.