

Cat Age Chart: How Old Is My Cat in Human Years?

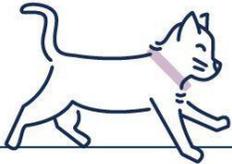
As seen in **PetMD**, February 9, 2026. [Link](#).

By Janelle Leeson. Reviewed by Barri J. Morrison, DVM

petMD
by chewy

How Old Is My Cat?

**0-1
year**
Kitten



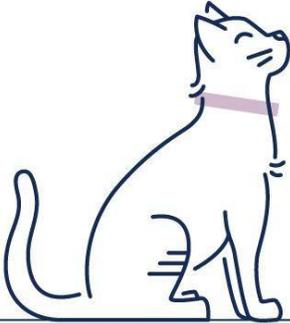
Age in Cat Years

Age in Human Years

1

15

**2-10
years**
Adult



2

24

3

28

4

32

5

36

6

42

7

47

8

51

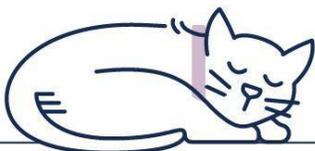
9

56

10

60

**11+
years**
Senior



11

65

12

69

13

74

14

78

15

83

16

87