

# Find out how old your dog is in human years



This table shows the equivalent age of a cross-bred dog, in human years. It represents a conservative estimate for pure-bred dogs. The highlighted sections indicate the age when a dog would be considered a 'SENIOR CITIZEN'.

This table assumes that your dog is at target body weight and it should be noted that overweight dogs may age more quickly than the table suggests. Ask your veterinary surgeon for further advice.

**Middle aged**  
**Senior citizen**



Adapted from Patronek G.J, Waters D.J and Glickman L.T. Journal of Gerontology, Biological Sciences, 1997, Vol 52A, no. 3, B177-B178  
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Your dog's age in years	Your dog's age in human years				
	15-30lbs (7-13kg) bodyweight	31-50lbs (14-22kg) bodyweight	51-75lbs (23-34kg) bodyweight	76-100lbs (35-45kg) bodyweight	101lbs+ (46kg+) bodyweight
1	12	13	15	17	20
2	19	19	21	23	26
3	25	25	27	29	32
4	30	31	32	34	37
5	35	36	37	39	42
6	40	40	42	44	47
7	44	45	46	49	52
8	48	49	51	53	57
9	52	53	55	57	62
10	55	56	59	62	67
11	59	60	63	66	72
12	62	64	67	71	77
13	66	67	71	76	83
14	69	71	76	81	90
15	73	75	80	86	96
16	77	80	85	92	104
17	82	84	91	99	112
18	86	89	97	106	121
19	91	95	103	114	131
20	97	101	111	122	142