

	Life stage	Age of cat	Human equivalent age
	<b>Kitten</b> Birth – 6 months	0–1 months	0–1 years
		2 months	2 years
		3 months	4 years
		4 months	6 years
		5 months	8 years
		6 months	10 years
	<b>Junior</b> 7 months – 2 years	7 months	12 years
		12 months	15 years
		18 months	21 years
		2 years	24 years
	<b>Adult</b> 3 – 6 years	3 years	28 years
		4 years	32 years
		5 years	36 years
		6 years	40 years
	<b>Mature</b> 7 – 10 years	7 years	44 years
		8 years	48 years
		9 years	52 years
		10 years	56 years
	<b>Senior</b> 11 – 14 years	11 years	60 years
		12 years	64 years
		13 years	68 years
		14 years	72 years
	<b>Super Senior</b> 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