

Do you need to calculate age from a date of birth? Forget using a calculator or counting the months and years long-hand! Just insert this formula in the cell next to date of birth:

```
=DATEDIF(A2,TODAY(),"y")&" years "&DATEDIF(A2,TODAY(),"ym")&" months  
&DATEDIF(A2,TODAY(),"md")&" days"
```

Remember that "A2" is the cell with the date of birth information. Update that reference for each new record, or just auto-fill the formula down an entire range of entries.