

Printable Dog Age in Human Years Chart

Human-year equivalents by size class, based on AAHA 2019 guidelines. Large dogs age faster — size matters more than age alone. Reference only.

DOG AGE IN HUMAN YEARS — BY SIZE CLASS

AAHA 2019 · Toy/Small < 20 lb · Medium 20–50 lb · Large 50–90 lb · Giant 90+ lb · — = beyond AAHA table

1 year TOY/SM 15 MED 15 LARGE 15 GIANT 15	9 years TOY/SM 52 MED 56 LARGE 61 GIANT 71
2 years TOY/SM 24 MED 24 LARGE 24 GIANT 24	10 years TOY/SM 56 MED 60 LARGE 66 GIANT 79
3 years TOY/SM 28 MED 28 LARGE 28 GIANT 28	11 years TOY/SM 60 MED 65 LARGE 72 GIANT 86
4 years TOY/SM 32 MED 32 LARGE 32 GIANT 32	12 years TOY/SM 64 MED 69 LARGE 77 GIANT 93
5 years TOY/SM 36 MED 36 LARGE 36 GIANT 36	13 years TOY/SM 68 MED 74 LARGE 82 GIANT —
6 years TOY/SM 40 MED 40 LARGE 45 GIANT 49	14 years TOY/SM 72 MED 78 LARGE 88 GIANT —
7 years TOY/SM 44 MED 47 LARGE 50 GIANT 56	15 years TOY/SM 76 MED 83 LARGE — GIANT —
8 years TOY/SM 48 MED 51 LARGE 55 GIANT 64	16 years TOY/SM 80 MED — LARGE — GIANT —

LIFE STAGES BY SIZE

Senior starts at: Toy/Small 11 yrs · Medium 9 yrs · Large 9 yrs · Giant 8 yrs. Young adult ends at: Toy/Small 6 yrs · Medium, Large 5 yrs · Giant 4 yrs.

WHY NOT THE 7× RULE?

The 7× rule is folk math that ignores two key facts: dogs mature very rapidly in year 1 (equivalent to ~15 human years), and large breeds age much faster than small breeds after age 5.