



# Module 5 : ABS Function

## 5.1 ABS Function

**The ABS Function will return the absolute value of a number in the location you desire.**

The absolute value is a number without a positive (+) or negative (-) sign. This is useful if, for example, you want to know the difference between numbers in two columns, but negative values aren't of importance to you.

The formula for the ABS function is: = ABS(number)

The number can be typed in, or it can refer to a cell.

## 5.2 Video Instruction

**ABS Function - 2m 08s**

## 5.3 Task

*Estimated Time: 10 minutes* Download the worksheet that accompanies this video by clicking below. Once downloaded practise using the ABS function in Excel using the video above as a reference.

[Download Worksheet](#)

Option #2: Worksheet without formula

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