

If the **Recurrences** cell of the previous row is greater than 0, take the **date** from the previous row and add 7 days.

C3 `=IFERROR(IF(F2>0,C2+7,""),"")`

	A	B	C	D	E	F
1	Key	Full Name	Start Date/Time	Category	End Date/Time	Recurrences
2	1					
3	2					
4	3					
5	4					
6	5					
7	6					
8	7					