

## Get your eye in first

Body condition scoring is easy. However, if you are not very experienced or are a little out of practice, it is a good idea to calibrate your eye first by condition scoring some cows 'hands on'. The ideal place to do this is an AI race.

- Line up 10 cows with a range of body condition.
- Put your hands on the key points of each cow—the area between the tail and pins, the backbone and the depression between hip and pin.
- Feel the amount of fat cover over these body points and the differences between the cows.
- Score each cow using the method described on pages 8 and 9.

Now you are ready to condition score your herd using the 'hands off' method in the paddock or the dairy.

