



CATTLE HEAT DETECTION CALENDAR

AIM: TO PROVIDE FARMERS WITH A GUIDE TO WHEN TO EXPECT TO SEE SIGNS OF HEAT BASED ON A 21 DAY CYCLE.

INSTRUCTIONS

1. Identify the date you saw signs of heat in your animal (HEAT 1 - left hand column). Write the cow's number or name on a calendar.
2. Look at the corresponding date in the right-hand column (HEAT 2). This shows when to expect the next heat +/- 1 or 2 days (if your animal is not pregnant).
 See shaded example where an animal showing heat on 16 January would expect to have her next heat between 4 to 8 February.
 See shaded example where an animal showing heat on 25 September would expect to have her next heat between 14 to 18 October.

REMEMBER to look at your cow for a **few days before** you expect the next heat to occur, so you are ready to see the signs of heat.

| January to June | | | | | | | | | | | |
|-----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| HEAT 1 | HEAT 2 | HEAT 1 | HEAT 2 | HEAT 1 | HEAT 2 | HEAT 1 | HEAT 2 | HEAT 1 | HEAT 2 | HEAT 1 | HEAT 2 |
| 01-Jan | 22-Jan | 01-Feb | 22-Feb | 01-Mar | 22-Mar | 01-Apr | 22-Apr | 01-May | 22-May | 01-Jun | 22-Jun |
| 02-Jan | 23-Jan | 02-Feb | 23-Feb | 02-Mar | 23-Mar | 02-Apr | 23-Apr | 02-May | 23-May | 02-Jun | 23-Jun |
| 03-Jan | 24-Jan | 03-Feb | 24-Feb | 03-Mar | 24-Mar | 03-Apr | 24-Apr | 03-May | 24-May | 03-Jun | 24-Jun |
| 04-Jan | 25-Jan | 04-Feb | 25-Feb | 04-Mar | 25-Mar | 04-Apr | 25-Apr | 04-May | 25-May | 04-Jun | 25-Jun |
| 05-Jan | 26-Jan | 05-Feb | 26-Feb | 05-Mar | 26-Mar | 05-Apr | 26-Apr | 05-May | 26-May | 05-Jun | 26-Jun |
| 06-Jan | 27-Jan | 06-Feb | 27-Feb | 06-Mar | 27-Mar | 06-Apr | 27-Apr | 06-May | 27-May | 06-Jun | 27-Jun |
| 07-Jan | 28-Jan | 07-Feb | 28-Feb | 07-Mar | 28-Mar | 07-Apr | 28-Apr | 07-May | 28-May | 07-Jun | 28-Jun |
| 08-Jan | 29-Jan | 08-Feb | 01-Mar | 08-Mar | 29-Mar | 08-Apr | 29-Apr | 08-May | 29-May | 08-Jun | 29-Jun |
| 09-Jan | 30-Jan | 09-Feb | 02-Mar | 09-Mar | 30-Mar | 09-Apr | 30-Apr | 09-May | 30-May | 09-Jun | 30-Jun |
| 10-Jan | 31-Jan | 10-Feb | 03-Mar | 10-Mar | 31-Mar | 10-Apr | 01-May | 10-May | 31-May | 10-Jun | 01-Jul |
| 11-Jan | 01-Feb | 11-Feb | 04-Mar | 11-Mar | 01-Apr | 11-Apr | 02-May | 11-May | 01-Jun | 11-Jun | 02-Jul |
| 12-Jan | 02-Feb | 12-Feb | 05-Mar | 12-Mar | 02-Apr | 12-Apr | 03-May | 12-May | 02-Jun | 12-Jun | 03-Jul |
| 13-Jan | 03-Feb | 13-Feb | 06-Mar | 13-Mar | 03-Apr | 13-Apr | 04-May | 13-May | 03-Jun | 13-Jun | 04-Jul |
| 14-Jan | 04-Feb | 14-Feb | 07-Mar | 14-Mar | 04-Apr | 14-Apr | 05-May | 14-May | 04-Jun | 14-Jun | 05-Jul |
| 15-Jan | 05-Feb | 15-Feb | 08-Mar | 15-Mar | 05-Apr | 15-Apr | 06-May | 15-May | 05-Jun | 15-Jun | 06-Jul |
| 16-Jan | 06-Feb | 16-Feb | 09-Mar | 16-Mar | 06-Apr | 16-Apr | 07-May | 16-May | 06-Jun | 16-Jun | 07-Jul |
| 17-Jan | 07-Feb | 17-Feb | 10-Mar | 17-Mar | 07-Apr | 17-Apr | 08-May | 17-May | 07-Jun | 17-Jun | 08-Jul |
| 18-Jan | 08-Feb | 18-Feb | 11-Mar | 18-Mar | 08-Apr | 18-Apr | 09-May | 18-May | 08-Jun | 18-Jun | 09-Jul |
| 19-Jan | 09-Feb | 19-Feb | 12-Mar | 19-Mar | 09-Apr | 19-Apr | 10-May | 19-May | 09-Jun | 19-Jun | 10-Jul |
| 20-Jan | 10-Feb | 20-Feb | 13-Mar | 20-Mar | 10-Apr | 20-Apr | 11-May | 20-May | 10-Jun | 20-Jun | 11-Jul |
| 21-Jan | 11-Feb | 21-Feb | 14-Mar | 21-Mar | 11-Apr | 21-Apr | 12-May | 21-May | 11-Jun | 21-Jun | 12-Jul |
| 22-Jan | 12-Feb | 22-Feb | 15-Mar | 22-Mar | 12-Apr | 22-Apr | 13-May | 22-May | 12-Jun | 22-Jun | 13-Jul |
| 23-Jan | 13-Feb | 23-Feb | 16-Mar | 23-Mar | 13-Apr | 23-Apr | 14-May | 23-May | 13-Jun | 23-Jun | 14-Jul |
| 24-Jan | 14-Feb | 24-Feb | 17-Mar | 24-Mar | 14-Apr | 24-Apr | 15-May | 24-May | 14-Jun | 24-Jun | 15-Jul |
| 25-Jan | 15-Feb | 25-Feb | 18-Mar | 25-Mar | 15-Apr | 25-Apr | 16-May | 25-May | 15-Jun | 25-Jun | 16-Jul |
| 26-Jan | 16-Feb | 26-Feb | 19-Mar | 26-Mar | 16-Apr | 26-Apr | 17-May | 26-May | 16-Jun | 26-Jun | 17-Jul |
| 27-Jan | 17-Feb | 27-Feb | 20-Mar | 27-Mar | 17-Apr | 27-Apr | 18-May | 27-May | 17-Jun | 27-Jun | 18-Jul |
| 28-Jan | 18-Feb | 28-Feb | 21-Mar | 28-Mar | 18-Apr | 28-Apr | 19-May | 28-May | 18-Jun | 28-Jun | 19-Jul |
| 29-Jan | 19-Feb | | | 29-Mar | 19-Apr | 29-Apr | 20-May | 29-May | 19-Jun | 29-Jun | 20-Jul |
| 30-Jan | 20-Feb | | | 30-Mar | 20-Apr | 30-Apr | 21-May | 30-May | 20-Jun | 30-Jun | 21-Jul |
| 31-Jan | 21-Feb | | | 31-Mar | 21-Apr | | | 31-May | 21-Jun | | |



CATTLE HEAT DETECTION CALENDAR

| July to December | | | | | | | | | | | |
|------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| HEAT 1 | HEAT 2 | HEAT 1 | HEAT 2 | HEAT 1 | HEAT 2 | HEAT 1 | HEAT 2 | HEAT 1 | HEAT 2 | HEAT 1 | HEAT 2 |
| 01-Jul | 22-Jul | 01-Aug | 22-Aug | 01-Sep | 22-Sep | 01-Oct | 22-Oct | 01-Nov | 22-Nov | 01-Dec | 22-Dec |
| 02-Jul | 23-Jul | 02-Aug | 23-Aug | 02-Sep | 23-Sep | 02-Oct | 23-Oct | 02-Nov | 23-Nov | 02-Dec | 23-Dec |
| 03-Jul | 24-Jul | 03-Aug | 24-Aug | 03-Sep | 24-Sep | 03-Oct | 24-Oct | 03-Nov | 24-Nov | 03-Dec | 24-Dec |
| 04-Jul | 25-Jul | 04-Aug | 25-Aug | 04-Sep | 25-Sep | 04-Oct | 25-Oct | 04-Nov | 25-Nov | 04-Dec | 25-Dec |
| 05-Jul | 26-Jul | 05-Aug | 26-Aug | 05-Sep | 26-Sep | 05-Oct | 26-Oct | 05-Nov | 26-Nov | 05-Dec | 26-Dec |
| 06-Jul | 27-Jul | 06-Aug | 27-Aug | 06-Sep | 27-Sep | 06-Oct | 27-Oct | 06-Nov | 27-Nov | 06-Dec | 27-Dec |
| 07-Jul | 28-Jul | 07-Aug | 28-Aug | 07-Sep | 28-Sep | 07-Oct | 28-Oct | 07-Nov | 28-Nov | 07-Dec | 28-Dec |
| 08-Jul | 29-Jul | 08-Aug | 29-Aug | 08-Sep | 29-Sep | 08-Oct | 29-Oct | 08-Nov | 29-Nov | 08-Dec | 29-Dec |
| 09-Jul | 30-Jul | 09-Aug | 30-Aug | 09-Sep | 30-Sep | 09-Oct | 30-Oct | 09-Nov | 30-Nov | 09-Dec | 30-Dec |
| 10-Jul | 31-Jul | 10-Aug | 31-Aug | 10-Sep | 01-Oct | 10-Oct | 31-Oct | 10-Nov | 01-Dec | 10-Dec | 31-Dec |
| 11-Jul | 01-Aug | 11-Aug | 01-Sep | 11-Sep | 02-Oct | 11-Oct | 01-Nov | 11-Nov | 02-Dec | 11-Dec | 01-Jan |
| 12-Jul | 02-Aug | 12-Aug | 02-Sep | 12-Sep | 03-Oct | 12-Oct | 02-Nov | 12-Nov | 03-Dec | 12-Dec | 02-Jan |
| 13-Jul | 03-Aug | 13-Aug | 03-Sep | 13-Sep | 04-Oct | 13-Oct | 03-Nov | 13-Nov | 04-Dec | 13-Dec | 03-Jan |
| 14-Jul | 04-Aug | 14-Aug | 04-Sep | 14-Sep | 05-Oct | 14-Oct | 04-Nov | 14-Nov | 05-Dec | 14-Dec | 04-Jan |
| 15-Jul | 05-Aug | 15-Aug | 05-Sep | 15-Sep | 06-Oct | 15-Oct | 05-Nov | 15-Nov | 06-Dec | 15-Dec | 05-Jan |
| 16-Jul | 06-Aug | 16-Aug | 06-Sep | 16-Sep | 07-Oct | 16-Oct | 06-Nov | 16-Nov | 07-Dec | 16-Dec | 06-Jan |
| 17-Jul | 07-Aug | 17-Aug | 07-Sep | 17-Sep | 08-Oct | 17-Oct | 07-Nov | 17-Nov | 08-Dec | 17-Dec | 07-Jan |
| 18-Jul | 08-Aug | 18-Aug | 08-Sep | 18-Sep | 09-Oct | 18-Oct | 08-Nov | 18-Nov | 09-Dec | 18-Dec | 08-Jan |
| 19-Jul | 09-Aug | 19-Aug | 09-Sep | 19-Sep | 10-Oct | 19-Oct | 09-Nov | 19-Nov | 10-Dec | 19-Dec | 09-Jan |
| 20-Jul | 10-Aug | 20-Aug | 10-Sep | 20-Sep | 11-Oct | 20-Oct | 10-Nov | 20-Nov | 11-Dec | 20-Dec | 10-Jan |
| 21-Jul | 11-Aug | 21-Aug | 11-Sep | 21-Sep | 12-Oct | 21-Oct | 11-Nov | 21-Nov | 12-Dec | 21-Dec | 11-Jan |
| 22-Jul | 12-Aug | 22-Aug | 12-Sep | 22-Sep | 13-Oct | 22-Oct | 12-Nov | 22-Nov | 13-Dec | 22-Dec | 12-Jan |
| 23-Jul | 13-Aug | 23-Aug | 13-Sep | 23-Sep | 14-Oct | 23-Oct | 13-Nov | 23-Nov | 14-Dec | 23-Dec | 13-Jan |
| 24-Jul | 14-Aug | 24-Aug | 14-Sep | 24-Sep | 15-Oct | 24-Oct | 14-Nov | 24-Nov | 15-Dec | 24-Dec | 14-Jan |
| 25-Jul | 15-Aug | 25-Aug | 15-Sep | 25-Sep | 16-Oct | 25-Oct | 15-Nov | 25-Nov | 16-Dec | 25-Dec | 15-Jan |
| 26-Jul | 16-Aug | 26-Aug | 16-Sep | 26-Sep | 17-Oct | 26-Oct | 16-Nov | 26-Nov | 17-Dec | 26-Dec | 16-Jan |
| 27-Jul | 17-Aug | 27-Aug | 17-Sep | 27-Sep | 18-Oct | 27-Oct | 17-Nov | 27-Nov | 18-Dec | 27-Dec | 17-Jan |
| 28-Jul | 18-Aug | 28-Aug | 18-Sep | 28-Sep | 19-Oct | 28-Oct | 18-Nov | 28-Nov | 19-Dec | 28-Dec | 18-Jan |
| 29-Jul | 19-Aug | 29-Aug | 19-Sep | 29-Sep | 20-Oct | 29-Oct | 19-Nov | 29-Nov | 20-Dec | 29-Dec | 19-Jan |
| 30-Jul | 20-Aug | 30-Aug | 20-Sep | 30-Sep | 21-Oct | 30-Oct | 20-Nov | 30-Nov | 21-Dec | 30-Dec | 20-Jan |
| 31-Jul | 21-Aug | 31-Aug | 21-Sep | | | 31-Oct | 21-Nov | | | 31-Dec | 21-Jan |

REMEMBER:

- ✓ Call the AI technician or arrange for the bull as soon as you see the **first sign of heat**.
- ✓ **After calving** start to service the cow at the first sign of heat more than 40 days after calving so you can have one cow per year.

For any questions, or advice, contact your local **Extension Officer**.

ZDTP is focused on supporting dairy farmers to improve their productivity, milk quality and linkages to urban markets. The views expressed in this publication are those of the implementers of the programme and do not necessarily reflect those of the New Zealand Government. For further information, please contact ZDTP on zdtpinfo@primeconsultants.net. Follow us on www.zambiadairy.com, Facebook (facebook.com/zambiadairy/) and Twitter ([@DairyZambia](https://twitter.com/DairyZambia)).