Rest Period Calculator

A worksheet for working out the rest period a paddock needs between grazings, based on growth rate, season and species, for rotational grazers. Work through it top to bottom, using your own records, and revisit it when conditions change.

Farm / unit: _____ Date: _____ By: _____

Paddock and forage species _____

Growing season conditions _____

Observed regrowth rate _____

Height at turn-in _____

Height needed to graze again _____

Estimated rest period _____

Adjustment for drought or flood _____

Planned move date _____

NOTES / CALCULATIONS

TIP Shorten or lengthen rest as the season changes and track actual regrowth instead of using a fixed calendar.