An Evaluation of Two Indirect Methods of Estimating Body Weight in Holstein Calves and Heifers. By Dingwell et al., page 3992. A study was performed to validate the use of a new indirect tool to estimate the body weight of Holstein heifers, as compared to the conventional heart girth tape measurement. The hipometer is a new tool which allows the user to stand behind heifers and measure the external width between the femurs of a heifer to estimate the body weight. The study found that the hipometer agreed substantially with the heart girth tape measurement, which means this new tool can be an easy alternative method of estimating body weight.