

WHOLE-HOUSE HEAT LOSS & GAIN WORKSHEET

PRELIMINARY ESTIMATE

Homeowner Name _____ Phone Number _____
 Address _____ Zip _____

DESIGN CONDITIONS

WINTER: Inside Design Temperature 75 minus Outside Design Temperature -24 - Heating Temperature Difference 99 (1)
 SUMMER: Outside Design Temperature 82 minus Inside Design Temperature 75 - Cooling Temperature Difference 7

TABLE A - HEATING - WINDOWS & DOORS

Window Type		Factor	Area	BTUH Loss
Ext. Hung Casement Or sliding	Single Glass	15		
	Double Glass	9		
	Triple Glass	7		
Fixed	Single Glass	14		
	Double Glass	9		
	Triple Glass	6		
Basement or Jalousie w/storms		22		
Sliding Doors - Double Glass		2.8		
Other Doors w/storms		12		
TOTAL				

TABLE B - COOLING - WINDOWS & DOORS

Direction	Outdoor Design Temperature and BTUH/Square Foot												Area	BTUH Gain
	Single Glass				Double Glass				Triple Glass					
	80	85	90	95	80	85	90	95	80	85	90	95		
Not shaded	70	75	80	85	65	70	75	75	60	65	65	70		
NE S NW	35	40	45	55	30	35	35	40	25	25	30	30		
E S W	55	55	60	70	45	50	50	55	35	40	40	45		
SE S SW	45	50	55	60	40	40	45	45	30	30	35	40		
S	30	30	35	45	25	25	30	30	20	20	20	25		
Doors (Sliding glass doors treated same as windows)												6		
TOTAL														

CONSTRUCTION DATA		HEATING		COOLING	
DESCRIPTION	SQ. FT.	U Factor (3)	BTUH Loss	Cooling Factor (3)	BTUH Gain
Gross Walls					
Gross Walls					
Windows & Doors (From Table A or B)					
Net Walls					
Net Walls					
Ceiling					
Floor					
People (Assume two per bedroom)				300	
Appliances (Kitchen Load)					1200
Sensible Total					
Design Temp. Diff. For Heating Latent Load Factor for Cooling			X (1)		X1.3
SUB TOTAL LOSS/GAIN					
DUCT LOSS/GAIN MULTIPLIER (2)			X1.15		X1.10
TOTALS		Heating		Cooling	

(1) Multiply heating design temperature difference by total of heat loss shown on Sensible Total line.

(2) Calculate only if duct is in unconditioned space. Assume minimum 2" flexible or 1" rigid insulation.

SEE ACCA Manual J Tables 3 & 6 for other multipliers.

(3) Use factors from Table C on back. Additional factors can be obtained from ACCA Manual J.

*This worksheet is not recommended for a room-by-room calculation, which is necessary for proper duct design.

Whole House Heat Loss Gain Worksheet

**United States. Federal Energy
Administration**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the United States Federal Energy Administration text.

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