

- Use Manual J to calculate the room heating and cooling loads.
- If two or more supply outlets are used for a room, split the room heating load and room cooling load into parts.
- Enter the heating and cooling loads for all supply outlets on the worksheet (correlate with outlet identification numbers).
- Multiply the heating loads by the heating factor to find heating Cfms and enter these values on the worksheet.
- Multiply the cooling loads by the cooling factor to find cooling Cfms and enter these values on the worksheet.
- For each supply outlet, select the larger of the heating Cfm value or cooling Cfm value and enter the design Cfm values on the worksheet.
- Use a duct slide rule or friction chart to find the round duct runout size (the sizing tool must be for the actual airway material), and enter the preliminary sizes on the worksheet.
- Use a duct slide rule or friction chart to check airway velocity and enter the velocity values on the worksheet.

- If one or more velocities are too high, resize the duct for an acceptable velocity, and enter the final sizes on the worksheet.
- Correlate trunk sections with downstream branch sections and calculate heating and cooling Cfm for each unique section of trunk duct, then enter these values on the worksheet (see Sections 6-12 through 6-16).
- Use the heating and cooling factors to determine heating and cooling Cfm and the design Cfm (larger of the two values).
- Use a duct slide rule or friction chart to find the round duct runout size (the sizing tool must be for the actual airway material), and enter the preliminary sizes on the worksheet.
- Use a duct slide rule or friction chart to check airway velocity and enter the velocity values on the worksheet.
- If one or more velocities are too high, resize the duct for an acceptable velocity, and enter the final sizes on the worksheet.
- Assign Cfm values to each return grille and repeat the process for the return-side of the system.

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Friction Rate Worksheet

