**HNET = HAR – HRR ± HCOND ± HCONV – HEVAP + HMET**

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| **HAR** | **Absorbed Radiation** (e.g. from sun) |  |
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| **HRR** | **Re-radiated** (Heat out) |  |
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| **HCOND** | **Conductive** heat transfer (Direct contact) |  |
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| **HCONV** | **Convective** heat transfer (Transport by moving fluid) |  |
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| **HEVAP** | Latent heat loss through **Evaporation** |  |
| **HMET** | **Metabolic** heat from chemical energy |  |
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