

FREE PRINTABLE TEST SHEET

UPS Runtime Test for Home Internet

01

TEST THE REAL STACK

A VA rating does not predict router runtime. Record every required box, measure the complete load, fully charge the UPS, disconnect wall power, and time the actual result.

Network power path

REQUIRED DEVICE	MODEL	MEASURED WATTS	BATTERY OUTLET	ESSENTIAL?
Fiber ONT or cable modem				
Router or gateway				
Network switch				
PoE injector				
Mesh node				
Other				

Before the test

- ☐ UPS battery charged according to manual
- ☐ Battery age and installation date recorded
- ☐ Only essential devices on battery outlets
- ☐ High-drain devices and printers removed
- ☐ Safe shutdown plan ready

During the test

- ☐ Disconnect wall input, not device plugs
- ☐ Confirm every required box remains on
- ☐ Confirm internet access, not only Wi-Fi
- ☐ Record alarms and unexpected restarts
- ☐ Stop test if equipment behaves abnormally

Runtime log

DATE	TOTAL WATTS	UPS MODEL	BATTERY AGE	INTERNET STAYED UP?	RUNTIME

REQUIRED MINIMUM RUNTIME

MEASURED RUNTIME

NEXT SCHEDULED TEST

BATTERY REPLACEMENT TARGET

Observations and action



Provider equipment can still fail

A powered router only preserves the local network. Internet also depends on the modem or ONT and the provider network outside the home.