

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

DIARY INFORMATION

DIARY: 03

NO. OF OCCUPANTS: 1 occupant

ADDRESS: 4F 341 Caledonia Road

DIARY DATES: 24 Oct 2006-23 Nov 2006

MONITORING DATES: 23 Oct 2006-6 Nov 2006 (Temp/RH)

8-9 Dec 2006 (CO₂ and Temp/RH)

1. HEALTH (Yes – 1, No – 0, Unsure – 100, N/A - 99)

DIARY No.	Regular Diet	Smoked	No. Cigarettes	Medication	Medication for health	Alcohol	No. of units consumed			
1	1	0	99	1	1	0	99			
2	1	0	99	1	1	0	99			
3	1	0	99	1	1	0	99			
4	1	0	99	1	1	0	99			
5	1	0	99	1	1	0	99			
6	1	0	99	1	1	0	99			
7	1	0	99	1	1	0	99			
8	1	0	99	1	1	0	99			
9	1	0	99	1	1	0	99			
10	1	0	99	1	1	0	99			
11	1	0	99	1	1	0	99			
12	1	0	99	1	1	0	99			
13	1	0	99	1	1	0	99			
14	1	0	99	1	1	0	99			
15	1	0	99	1	1	0	99			
16	1	0	99	1	1	0	99			
17	1	0	99	1	1	0	99			
18	1	0	99	1	1	0	99			
19	1	0	99	1	1	0	99			
20	1	0	99	1	1	0	99			
21	1	0	99	1	1	0	99			

JANICE FUNG

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22	1	0	99	1	1	0	99			
23	1	0	99	1	1	0	99			
24	1	0	99	1	1	0	99			
25	1	0	99	1	1	0	99			
26	1	0	99	1	1	0	99			
27	1	0	99	1	1	0	99			
28	1	0	99	1	1	0	99			
29	1	0	99	1	1	0	99			
30	1	0	99	1	1	0	99			
TALLY										

2. OCCUPATION AT HOME (Yes – 1, No – 0, Unsure – 100, N/A - 99)

DIARY No.	No. Hours at home	Laundry	Drying	Cooking	Cleaning	Others				
1	?	0	0	1	1	1	shower			
2	0	0	0	0	0	0	away			
3	17	0	0	1	0	1	shower			
4	19	0	0	1	1	1	shower			
5	21	0	0	1	1	0				
6	18	0	0	1	1	1	Fix heating			
7	16	0	0	1	1	0				
8	20	1	1	1	1	0				
9	20	0	0	1	0	1	knitting			
10	20	0	0	1	1	1	Ironing			
11	22	1	1	1	0	0				
12	24	0	0	1	0	1	shower			
13	19	1	1	1	1	1	shower			
14	12	0	0	1	0	1	shower			
15	0	0	0	0	0	0	away			
16	0	0	0	0	0	0	away			
17	20	0	0	1	1	1	shower			
18	18.5	0	0	1	0	1	shower			
19	?	0	0	1	1	1	shower			
20	15	0	0	1	0	1	shower			
21	24	0	0	1	1	1	2 guests			
22	?	1	1	1	0	0				
23	?	0	0	1	0	0				

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

24	?	0	0	1	0	1	guest			
25	?	0	0	1	0	0				
26	?	0	0	1	1	0				
27	?	0	0	1	0	1	ironing			
28	?	0	0	1	0	1	shower			
29	?	0	0	1	0	1	shower			
30	?	1	1	1	0	0				
TALLY										

3. HEATING (Yes – 1, No – 0, Unsure – 100, N/A – 99, a - auto)

DIAR Y No.	Heating On	Lvrm	Lvrm – Radiator Level	Kitchen	Kitchen – Radiator Level	Bdrm 1	Bdrm 1 – Radiator Level	Bdrm 2	Bdrm 2 – Radiator Level	Bdrm 3	Bdrm 3 – Radiator Level	Bathroom	Bathroom – Radiator Level	Toilet	Toilet – Radiator Level	Hallway	Hallway – Radiator Level	Thermostat(s)	Difficulty to operate
1	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
2	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
3	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
4	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
5	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
6	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
7	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
8	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
9	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
10	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
11	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
12	1	0	99	0	99	1	100	0	99	99	99	0	99	99	99	0	99	20	0
13	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
14	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
15	1	0	99	0	99	0	99	0	99	99	99	0	99	99	99	0	99	0	0
16	1	0	99	0	99	0	99	0	99	99	99	0	99	99	99	0	99	0	0
17	1	1	100	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0

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			0																
18	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
19	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
20	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
21	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
22	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
23	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
24	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
25	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
26	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
27	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
28	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
29	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
30	1	1	10 0	0	99	0	99	0	99	99	99	0	99	99	99	0	99	20	0
TALL Y																			

REASONS: Warmth, but don't like room too hot because it goes to chest (difficult to breath), heat comes out of boiler in cupboard and heats hall

4. VENTILATION – WINDOWS (Yes – 1, No – 0, Unsure – 100, N/A - 99)

DIARY No.	Windows Opened	Lvrm	Lvrm – duration	Kitchen	Kitchen – duration	Bdrm 1	Bdrm 1 – duration	Bdrm 2	Bdrm 2 – duration	Bdrm 3	Bdrm 3 – duration	Bathroom	Bathroom – duration	Toilet	Toilet – duration	Difficulty to operate
1	1	1	?	0	99	1	10	1	10	99	99	99	99	99	99	0
2	100	100	?	100	99	100	99	100	99	99	99	99	99	99	99	0
3	1	0	99	0	99	1	10	0	99	99	99	99	99	99	99	0
4	1	0	99	0	99	1	24	1	10	99	99	99	99	99	99	0
5	1	0	99	0	99	1	24	1	10	99	99	99	99	99	99	0
6	1	0	99	0	99	1	24	1	10	99	99	99	99	99	99	0

JANICE FUNG

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7	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
8	1	1	?	0	99	1	24	0	99	99	99	99	99	99	99	0
9	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
10	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
11	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
12	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
13	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
14	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
15	1	0	99	0	99	0	99	0	99	99	99	99	99	99	99	0
16	1	0	99	0	99	0	99	0	99	99	99	99	99	99	99	0
17	1	0	99	0	99	1	24	1	2	99	99	99	99	99	99	0
18	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
19	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
20	1	0	99	0	99	1	24	1	1	99	99	99	99	99	99	0
21	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
22	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
23	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
24	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
25	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
26	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
27	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
28	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
29	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
30	1	0	99	0	99	1	24	0	99	99	99	99	99	99	99	0
TALLY																

REASONS: “I opened the bedroom 1 window at 7.30am the window in the 2 room stays open all the time; I open the doors to the conservatory if the living room gets too warm; bedroom 2 gets closed at 5pm”; fresh air; sometimes gets too hot; “I open the door of the bedroom with the window open and it blows into the hall and bedroom and my bedroom; I leave the door open for ½ hour then I close the door”

5. VENTILATION – TRICKLE VENTS (Yes – 1, No – 0, Unsure – 100, N/A - 99)

DIARY No.	Trickle Vents Opened	Lvrm	Lvrm – duration	Kitchen	Kitchen – duration	Bdrm 1	Bdrm 1 – duration	Bdrm 2	Bdrm 2 – duration	Bathroom	Bathroom – duration	Toilet	Toilet – duration	Difficulty to operate
1	0	0	99	0	99	0	99	0	99	99	99	99	99	1
2	0	0	99	0	99	0	99	0	99	99	99	99	99	1

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

3	0	0	99	0	99	0	99	0	99	99	99	99	99	1
4	0	0	99	0	99	0	99	0	99	99	99	99	99	1
5	0	0	99	0	99	0	99	0	99	99	99	99	99	1
6	0	0	99	0	99	0	99	0	99	99	99	99	99	1
7	0	0	99	0	99	0	99	0	99	99	99	99	99	1
8	0	0	99	0	99	0	99	0	99	99	99	99	99	1
9	0	0	99	0	99	0	99	0	99	99	99	99	99	1
10	0	0	99	0	99	0	99	0	99	99	99	99	99	1
11	0	0	99	0	99	0	99	0	99	99	99	99	99	1
12	0	0	99	0	99	0	99	0	99	99	99	99	99	1
13	0	0	99	0	99	0	99	0	99	99	99	99	99	1
14	0	0	99	0	99	0	99	0	99	99	99	99	99	1
15	0	0	99	0	99	0	99	0	99	99	99	99	99	1
16	0	0	99	0	99	0	99	0	99	99	99	99	99	1
17	0	0	99	0	99	0	99	0	99	99	99	99	99	1
18	0	0	99	0	99	0	99	0	99	99	99	99	99	1
19	0	0	99	0	99	0	99	0	99	99	99	99	99	1
20	0	0	99	0	99	0	99	0	99	99	99	99	99	1
21	0	0	99	0	99	0	99	0	99	99	99	99	99	1
22	0	0	99	0	99	0	99	0	99	99	99	99	99	1
23	0	0	99	0	99	0	99	0	99	99	99	99	99	1
24	0	0	99	0	99	0	99	0	99	99	99	99	99	1
25	0	0	99	0	99	0	99	0	99	99	99	99	99	1
26	0	0	99	0	99	0	99	0	99	99	99	99	99	1
27	0	0	99	0	99	0	99	0	99	99	99	99	99	1
28	0	0	99	0	99	0	99	0	99	99	99	99	99	1
29	0	0	99	0	99	0	99	0	99	99	99	99	99	1
30	0	0	99	0	99	0	99	0	99	99	99	99	99	1
TALLY														

REASONS: Don't use them

6. EMOTIONS & WELL-BEING 1 (Positive – 1, Negative – 0, Unsure – 100, N/A - 99)

DIARY No.	Temperature in house	Temp. in house – Intensity	Weather	Weather – Intensity	Other reasons	Other – Intensity	Health Condition	Health – Intensity	No. Problems	Problems – Intensity	No. Control problems	Control - Intensity
1	1	100	0	1	0	1	0	1	1	1	0	1
2	100	100	100	100	100	100	100	100	?	100	?	100

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3	1	3	0	2	99	99	99	99	0	99	0	99
4	0	3	100	2	0	3	1	3	0	99	0	99
5	1	2	0	3	99	99	99	99	0	99	0	99
6	1	3	1	2	99	99	1	3	0	99	0	99
7	1	2	1	2	99	99	99	99	0	99	0	99
8	1	3	1	3	99	99	99	99	0	99	0	99
9	1	2	1	2	99	99	1	2	0	99	0	99
10	1	2	1	2	99	99	99	99	0	99	0	99
11	1	2	0	3	99	99	0	3	0	99	0	99
12	100	3	0	3	99	99	0	3	0	99	0	99
13	0	3	0	3	99	99	99	99	0	99	0	99
14	99	99	99	99	99	99	99	99	0	99	0	99
15	99	99	99	99	99	99	99	99	0	99	0	99
16	99	99	99	99	99	99	99	99	0	99	0	99
17	1	2	0	3	99	99	99	99	0	99	0	99
18	1	1	1	2	99	99	99	99	0	99	0	99
19	1	1	0	3	0	100	99	99	0	99	0	99
20	1	2	0	3	99	99	99	99	0	99	0	99
21	1	1	1	100	99	99	99	99	0	99	0	99
22	1	2	0	3	99	99	99	99	0	99	0	99
23	1	2	0	3	99	99	99	99	0	99	0	99
24	1	2	1	2	0	5	99	99	0	99	0	99
25	1	2	100	100	99	99	99	99	0	99	0	99
26	1	2	0	5	99	99	99	99	0	99	0	99
27	1	2	0	3	99	99	99	99	0	99	0	99
28	1	2	0	3	99	99	99	99	0	99	0	99
29	1	2	0	2	99	99	99	99	0	99	0	99
30	1	2	0	4	99	99	99	99	0	99	0	99
TALLY												

NOTES:

Active lifestyle and keeps busy with hobbies and other pass time activities; tries not to let weather get to her; had ear pains (ear wax) – health; When weather is dull, feel miserable; sometimes on top of health problems it exacerbates feelings (i.e. flu symptoms and on medication); on sunny day feeling very happy and motivated; mostly in total control with no additional problems; not feeling well and can be a bit depressed and tired; “Depressed, I don’t like this time of year; it gets dark far too early”; emergency with friend on Diary 24 – ambulance took ½ hour! Felt it was a disgrace and could not sleep well either; Diary 26 – found out that neighbour was better and impacts

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ADDITIONAL NOTES:

- Quite happy when goes to club and joins community activities
- Has grandchildren that visit and also goes to family's house - enjoys
- Has friends over and also visits others - uplifting
- Enjoys a good meal
- Active in keeping self occupied
- Irritated by health (i.e. flu) and on medication
- Diary 6: "I like getting out; I like meeting my friends and the club was really good today. We were singing and they told stories, played games; a good day; I cam home about 4.30pm"
- Diary 7: "I hate this time of year; I am a sun person; I like it better when it is light until 11pm"
- Diary 8: Friend's daughter in Law had baby girl yesterday
- Diary 11: "I really don't know why I'm feeling this way. I hope whatever it is will go away." – sometimes health related or weather
- Diary 17: "It is not a happy time when it's raining cats and dogs it makes everyone miserable."
- Diary 18: feeling tired and glad to be home
- Diary 24: emergency with neighbour's health; called ambulance 999
- Diary 27: going to have hair done; see niece, but now hairdresser can't take appointment until Wednesday; got caught in shower and wet again; sticky sheets on window full of insects; need to clean and replace
- Diary 29: get hair perm
- Diary 30: irritable with the wet and dull weather