

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

DIARY INFORMATION

DIARY: 04

NO. OF OCCUPANTS: 2 occupants

ADDRESS: D4 14 Fortrose Street

DIARY DATES: 1 Nov 2006-30 Nov 2006

MONITORING DATES: 1 Nov 2006-16 Nov 2006 (Temp/RH)
6-7 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	1	3			
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	1	7			
12	1	0	99	1	1	1	1			
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

Mackintosh School of Architecture | PhD (Energy & Sustainability)

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	9	1	1	1	1	1				
2	8	0	0	1	1	1				
3	10	1	1	1	1	0				
4	20	1	1	1	0	0				
5	18	0	0	1	0	0				
6	18	0	0	01	0	1				
7	19	1	1	1	1	1				
8	12	1	1	1	1	1				
9	16	0	0	1	0	1				
10	18	1	1	1	0	1				
11	10	0	0	01	0	1				
12	15	0	0	1	0	1				
13	17	1	1	1	1	1				
14	18	1	1	1	0	1				
15	18	0	0	1	1	1				
16	10	1	1	1	0	1				
17	14	0	0	1	0	1				
18	6	0	0	1	0	0				
19	5	0	0	0	0	0				
20	16	1	1	1	1	1				
21	19	0	0	1	0	1				
22	18	1	1	1	0	1				
23	12	0	0	1	0	1				

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

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

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

26	1	1	A	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
27	1	1	A	0	99	1	3	0	99	99	99	0	99	99	99	0	99	99	0
28	1	1	A	0	99	1	3	1	3	99	99	0	99	99	99	0	99	99	0
29	1	1	A	0	99	1	2	1	2	99	99	0	99	99	99	0	99	99	0
30	1	1	A	0	99	1	3	1	3	99	99	0	99	99	99	0	99	99	0
TALL Y																			

REASONS: Weather outside and finances; warmth; due to weather; due to weather outside

Diary 9: house was too warm

4. VENTILATION – WINDOWS (Yes – 1, No – 0, Unsure – 100, N/A – 99, 101 sometimes)

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	?	1	6	0	0	0	0	99	0	1	2	99	0	0
2	1	1	3	0	0	0	0	0	0	99	0	1	3	99	0	0
3	1	0	0	1	2	1	2	1	2	99	0	1	3	99	0	0
4	1	0	0	1	4	1	6	1	3	99	0	1	4	99	0	0
5	1	1	4	1	4	0	0	1	6	99	0	1	1	99	0	0
6	1	1	2	1	3	0	0	0	0	99	0	1	1	99	0	0
7	1	0	0	1	1	0	0	0	0	99	0	1	1	99	0	0
8	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
9	1	0	0	1	2	0	0	0	0	99	0	0	0	99	0	0
10	1	0	0	1	2	0	0	0	0	99	0	1	4	99	0	0
11	1	0	0	1	2	1	4	0	0	99	0	1	2	99	0	0
12	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
13	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
14	1	0	0	1	1	0	0	0	0	99	0	1	24	99	0	0
15	1	0	0	1	1	0	0	0	0	99	0	1	2	99	0	0
16	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
17	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
18	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
19	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
20	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
21	1	0	0	1	3	0	0	0	0	99	0	0	0	99	0	0

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

19	99	0	0	0	0	0	0	0	0	0	0	0	0	99
20	99	0	0	0	0	0	0	0	0	0	0	0	0	99
21	99	0	0	0	0	0	0	0	0	0	0	0	0	99
22	99	0	0	0	0	0	0	0	0	0	0	0	0	99
23	99	0	0	0	0	0	0	0	0	0	0	0	0	99
24	99	0	0	0	0	0	0	0	0	0	0	0	0	99
25	99	0	0	0	0	0	0	0	0	0	0	0	0	99
26	99	0	0	0	0	0	0	0	0	0	0	0	0	99
27	99	0	0	0	0	0	0	0	0	0	0	0	0	99
28	99	0	0	0	0	0	0	0	0	0	0	0	0	99
29	99	0	0	0	0	0	0	0	0	0	0	0	0	99
30	99	0	0	0	0	0	0	0	0	0	0	0	0	99
TALLY														

REASONS: N/A

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	3	1	4	1	1	0	1	0	1	1	5
2	1	5	1	3	1	1	0	4	0	1	1	1
3	0	2	1	3	1	100	0	2	0	1	1	4
4	0	2	0	2	1	100	0	2	0	1	1	1
5	1	1	0	1	1	100	0	1	0	1	1	1
6	1	1	1	1	1	100	0	2	0	100	1	1
7	1	1	1	3	1	100	0	2	0	100	1	3
8	1	1	1	1	1	1	0	1	0	1	1	1
9	1	1	0	2	1	1	0	4	0	1	1	1
10	1	1	0	3	1	1	0	2	0	100	1	3
11	100	1	0	3	1	1	0	4	0	1	100	100
12	1	2	0	3	1	100	0	3	0	1	1	2
13	1	1	0	4	1	100	0	4	0	100	1	1
14	1	4	0	3	0	4	0	5	0	100	1	5
15	1	3	1	1	1	1	0	2	0	1	1	1
16	1	1	1	1	1	1	0	1	0	1	1	1
17	1	1	1	1	1	1	0	1	0	100	1	1
18	1	1	1	1	1	1	1	1	0	1	1	1

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

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

ADDITIONAL NOTES:

- Regular aches and pains (on medication)
- Main caregiver to brother
- Diary 1: “the sun is shining and makes a big difference”
- Diary 2: went to hospital with sister who has heart condition
- Diary 3: irritable; been a little too warm
- Diary 4: I have turned the heating down and I felt it was too warm
- Diary 5: going out shopping and have to remember everything

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

- **Diary 7: Had visitors and felt my home wasn't clean enough**
- **Diary 8: member of the Orange Order and tonight was lodge meeting**
- **Diary 9: "Having to remember everything I've to do over the weekend"**
- **Diary 10: Because it's Friday and I love the weekend**
- **Diary 11: "I was extremely proud as I was at a conference for the Ladies section of the Orange Order 300 voices all singing the same hymns was wonderful"; It was great getting out of the house for a while and doing my own thing**
- **Diary 13: "just feeling a bit down; think I need a holiday"**
- **Diary 14: "my back pain was pretty bad"**
- **Diary 16: "Life, you just have to get on with it"**
- **Diary 17: going away for the weekend**
- **Diary 18: travelled to Newcastle today and have not been home all day**
- **Diary 19: got home at 7pm from Newcastle; had shower and went to bed**
- **Diary 20: everyday feelings**
- **Diary 21: very balm today (?)**
- **Diary 22: "I was xmas shopping and I hate shopping at the best of times"**
- **Diary 26: going out xmas shopping with daughter**
- **Diary 27: got to feel like this to get on with my life (active and alert)**
- **Diary 28: no reason**
- **Diary 30: Today is St. Andrew's day and I am very proud to be Scottish**