

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

DIARY INFORMATION

DIARY: 06

NO. OF OCCUPANTS: 1 occupant

ADDRESS: 1/3 55 Byres Road

DIARY DATES: 24 Oct 2006-8 Dec 2006

MONITORING DATES: 28 Nov 2006-12 Dec 2006 (Temp/RH)
18-19 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	1	2			
4	1	0	99	1	1	1	2			
5	1	0	99	1	1	1	2			
6	1	0	99	1	1	1	2			
7	1	0	99	1	1	0	99			
8	1	0	99	1	1	0	99			
9	1	0	99	1	1	1	2			
10	1	0	99	1	1	1	2			
11	1	0	99	1	1	0	99			
12	1	0	99	1	1	1	2			
13	1	0	99	1	1	0	99			
14	1	0	99	1	1	0	99			
15	1	0	99	1	1	1	3			
16	1	0	99	1	1	1	2			
17	1	0	99	1	1	1	2			
18	1	0	99	1	1	0	99			
19	1	0	99	1	1	0	99			
20	1	0	99	1	1	1	2			
21	1	0	99	1	1	0	99			

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22	1	0	99	1	1	1	2			
23	1	0	99	1	1	1	2			
24	1	0	99	1	1	1	2			
25	1	0	99	1	1	1	2			
26	1	0	99	1	1	1	2			
27	1	0	99	1	1	1	2			
28	1	0	99	1	1	1	2			
29	1	0	99	1	1	1	2			
30	1	0	99	1	1	1	3			
TALLY										

- Away from 3-5 November (weekend conference at Aviemore)

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	10	1	1	1	1	1				
2	9	0	0	1	0	1				
3	15	1	0	1	0	1				
4	4.5	0	0	0	0	1				
5	8.5	0	0	1	0	1				
6	10	0	0	1	0	1				
7	6.5	0	0	1	0	0				
8	13	1	1	1	1	0				
9	11	0	0	1	0	0				
10	8	0	0	1	0	0				
11	10	0	0	1	1	0				
12	12	0	0	1	0	1				
13	10.5	1	0	1	1	1				
14	9.5	0	0	1	0	1				
15	4	0	0	0	0	0				
16	12.5	1	0	1	0	1				
17	13	0	0	1	0	1				
18	9	0	0	1	0	1				
19	11.5	1	0	1	1	1				
20	12	1	0	1	0	1				
21	10	0	0	1	0	1				

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22	0	0	0	0	0	0	0	0	0	0	0	0	0	100
23	0	0	0	0	0	0	0	0	0	0	0	0	0	100
24	0	0	0	0	0	0	0	0	0	0	0	0	0	100
25	0	0	0	0	0	0	0	0	0	0	0	0	0	100
26	0	0	0	0	0	0	0	0	0	0	0	0	0	100
27	0	0	0	0	0	0	0	0	0	0	0	0	0	100
28	0	0	0	0	0	0	0	0	0	0	0	0	0	100
29	0	0	0	0	0	0	0	0	0	0	0	0	0	100
30	0	0	0	0	0	0	0	0	0	0	0	0	0	100
TALLY														

REASONS: Do not use; seems to be difficult to use

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

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22	1	1	0	2	99	99	0	1	0	99	1	1
23	1	1	1	1	99	99	0	1	0	99	1	1
24	1	1	1	1	99	99	0	1	0	99	1	1
25	1	1	1	1	99	99	0	1	0	99	1	1
26	100	99	100	99	99	99	1	1	0	99	100	99
27	1	1	1	1	99	99	1	1	0	99	1	1
28	1	1	1	1	99	99	1	1	0	99	1	1
29	1	1	1	1	99	99	1	1	0	99	1	1
30	1	1	1	1	99	99	1	1	0	99	1	1
TALLY												

NOTES:

Diary 3: dull; wet; Diary 2: dull, frozen shoulder; Diary 9: Happy, frozen shoulder and sore wrist; Diary 15: dull, very wet; light off in hall cupboard; Diary 16: fixed light in hall cupboard; fitted bulb in hall cupboard; Diary 22: “very wet; got soaked x3; annoyed”;

7. EMOTIONS & WELL-BEING 2 (Positive – 1, Negative – 0)

DIARY No.	Enthusiastic – Intensity	Proud – Intensity	Active – Intensity	Alert – Intensity	Irritable – Intensity	Scared/Afraid – Intensity	Other Emotions					
1	3	1	3	3	1	1	99					
2	3	1	3	3	1	1	99					
3	2	1	3	3	1	1	99					
4	2	1	2	2	1	1	99					
5	99	99	1	1	99	99	99					
6	2	2	2	2	99	99	99					
7	99	99	2	2	99	99	99					
8	99	99	2	2	2	99	99					
9	99	99	2	2	2	99	99					
10	2	99	2	2	99	99	99					
11	99	99	2	2	99	99	99					
12	99	99	2	2	99	99	99					
13	99	99	2	2	99	99	99					
14	99	99	2	2	99	99	99					
15	99	99	2	2	1	99	99					
16	2	99	2	2	99	99	99					
17	99	99	2	2	99	99	99					
18	99	99	2	2	99	99	99					

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19	99	99	2	2	99	99	99					
20	99	99	2	2	99	99	99					
21	99	99	2	2	99	99	99					
22	99	99	2	2	99	99	99					
23	99	99	2	2	99	99	99					
24	99	99	2	2	2	99	99					
25	99	99	2	2	99	99	99					
26	99	99	2	2	99	99	99					
27	99	99	2	2	99	99	99					
28	99	99	2	2	99	99	99					
29	99	99	2	2	99	99	99					
30	99	99	2	2	99	99	99					
TALLY												

ADDITIONAL NOTES:

- Quite busy and out of the house; involved on tenants' committee and other clubs; Very active lifestyle – meetings, busy schedule, outings, etc.
- Diary 2: Nutcracker Ballet – concert hall
- Diary 8: “workmen throwing planks onto grass from scaffolding” causing irritation; physio at 11am
- Diary 9: pain in wrist
- Diary 12: attended physio and nurse for blood samples\
- Diary 13: saw doctor – pain tablets
- Diary 14: shopping, hairdressers, purg meeting
- Diary 15: light off in hall cupboard; very wet in afternoon; art galleries in afternoon got soaked on way home; eating out for dinner
- Diary 16: managed to fit new bulb; visited farmers market
- Diary 19: saw physiotherapist; had MRI scan; church meeting; shopped in town
- Diary 20: hairdresser and packed for Malta
- Diary 24: Gate left open; lid left off compost bin – irritable