

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

DIARY INFORMATION

DIARY: 07

NO. OF OCCUPANTS: 2 occupant

ADDRESS: 1/1 353 Dumbarton Road

DIARY DATES: 24 Oct 2006-22 Nov 2006

MONITORING DATES: 15 Nov 2006-27 Nov 2006 (Temp/RH)
27-28 Nov 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	1	15	1	1	0	99			
2	1	1	15	1	1	0	99			
3	1	1	15	1	1	0	99			
4	1	1	15	1	1	0	99			
5	1	1	15	1	1	0	99			
6	1	1	15	1	1	0	99			
7	1	1	15	1	1	0	99			
8	1	1	10	1	1	0	99			
9	1	1	10	1	1	0	99			
10	1	1	12	1	1	0	99			
11	1	0	99	1	1	0	99			
12	0	0	99	1	1	0	99			
13	0	0	99	1	1	0	99			
14	0	0	99	1	1	0	99			
15	0	0	99	1	1	0	99			
16	1	1	6	1	1	0	99			
17	1	1	12	1	1	0	99			
18	0	1	4	1	1	0	99			
19	0	1	14	1	1	0	99			
20	1	1	15	1	1	0	99			
21	1	1	13	1	1	0	99			

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

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

- Jan quite sick and home most of the time; Tom does most of the chores

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	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
2	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
3	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
4	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
5	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
6	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
7	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
8	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
9	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
10	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
11	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
12	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
13	1	1	4	1	4	1	4	1	4	1	4	0	99	0	99	0	99	10	0
14	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
15	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	0	99	10	0

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																		0	
16	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
17	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
18	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
19	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	0	99	10	0
20	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
21	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
22	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
23	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
24	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
25	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
26	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
27	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
28	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
29	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
30	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
TALL Y																			

REASONS: Warmth; Diary 1: Due to ill health I am very cold; Diary 2: Health reasons; Diary 6: need heat very cold if don't have heat; feel pain in cold; weather;

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	1	0	99	0	99	1	1	0	99	0	99	0	99	0
2	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
3	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0

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4	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
5	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
6	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
7	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
8	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
9	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
10	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
11	0	0	99	0	99	0	99	0	99	0	99	0	99	0	99	0
12	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
13	0	0	99	0	99	0	99	0	99	0	99	0	99	0	99	0
14	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
15	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
16	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
17	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
18	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
19	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
20	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
21	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
22	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
23	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
24	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
25	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
26	1	1	24	1	24	1	24	1	24	1	24	1	24	0	99	0
27	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
28	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
29	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
30	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
TALLY																

REASONS: Fresh Air due to smoke; Diary 11: “because I have a bad cold; hot and cold flashes”;

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	1	1	24	1	24	1	24	1	24	1	24	0	99	0
2	1	1	24	1	24	1	24	1	24	1	24	0	99	0

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3	1	1	0.5	1	24	1	24	1	24	1	24	0	99	0
4	1	1	24	1	24	1	24	1	24	1	24	0	99	0
5	1	1	24	1	24	1	24	1	24	1	24	0	99	0
6	1	1	24	1	24	1	24	1	24	1	24	0	99	0
7	1	1	24	1	24	1	24	1	24	1	24	0	99	0
8	1	1	24	1	24	1	24	1	24	1	24	0	99	0
9	1	1	24	1	24	1	24	1	24	1	24	0	99	0
10	1	1	24	1	24	1	24	1	24	1	24	0	99	0
11	1	1	24	1	24	1	24	1	24	1	24	0	99	0
12	1	1	24	1	24	1	24	1	24	1	24	0	99	0
13	1	1	24	1	24	1	24	1	24	1	24	0	99	0
14	1	1	24	1	24	1	24	1	24	1	24	0	99	0
15	1	1	24	1	24	1	24	1	24	1	24	0	99	0
16	1	1	24	1	24	1	24	1	24	1	24	0	99	0
17	1	1	24	1	24	1	24	1	24	1	24	0	99	0
18	1	1	24	1	24	1	24	1	24	1	24	0	99	0
19	1	1	24	1	24	1	24	1	24	1	24	0	99	0
20	1	1	24	1	24	1	24	1	24	1	24	0	99	0
21	1	1	24	1	24	1	24	1	24	1	24	0	99	0
22	1	1	24	1	24	1	24	1	24	1	24	0	99	0
23	1	1	24	1	24	1	24	1	24	1	24	0	99	0
24	1	1	24	1	24	1	24	1	24	1	24	0	99	0
25	1	1	24	1	24	1	24	1	24	1	24	0	99	0
26	1	1	24	1	24	1	24	1	24	1	24	0	99	0
27	1	1	24	1	24	1	24	1	24	1	24	0	99	0
28	1	1	24	1	24	1	24	1	24	1	24	0	99	0
29	1	1	24	1	24	1	24	1	24	1	24	0	99	0
30	1	1	24	1	24	1	24	1	24	1	24	0	99	0
TALLY														

REASONS: Fresh air ventilate after smoking; vents are open all the time

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	4	0	4	0	3	0	5	0	1	1	5
2	1	4	1	4	0	5	0	5	1	5	1	5

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

NOTES: Most external problems due to health – sore and painful; other reasons usually revolve around health related issues as well

Diary 1: warm, relaxed; “if I don’t have heating on, my pain is worse, and I get very irritable; Tom does not need as much heat as I, so have it on in three hour intervals”; “full control, heating great, cosy house”; “depressed so cold raining...”; active and visited daughter at her house”

Diary 2: relaxed; not bad, some sunshine, happy; knee is very sore have been in bed a lot; very sore; light switch blow out again in spare room; full control

Diary 3: on the weather – “Not a nice one, cold dark, so have all lamps and decorative lights, and a bright yellow dress”

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

ADDITIONAL NOTES:

- **Mainly problems with health, and may be stuck in bed or cannot look after home when ill; has to deal with a great deal of pain**
- **Husband does most of the handiwork**
- **Disheartening with sickness, weather doesn't seem to help when it's dull or miserable outside**
- **Diary 4: friend came to confide in her; felt sense of pride that friend would trust her**

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- **Diary 5: great debate with friend; Tom learned a lot; had friends over and enjoyed company**
- **Diary 9: had a great lunch and good laughs; nice gifts; Tom did windows – he hates doing them**
- **Diary 10: the cold**
- **Diary 11: Tom's been really great looked after me and had changed bed twice loads of washing**
- **Diary 14: both have a cold**
- **Diary 16: worked on things that have been put off; had a nice candlelight dinner at home with husband; dressed up – uplifting**
- **Diary 17: worried about daughter**
- **Diary 18: best friend not feeling well, scared, weepy, sore**
- **Diary 19: can't stop thinking about Justine diagnosed with lump in breast**
- **Diary 26: problems breathing, not good and get very scared when I can't breath properly**