

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

DIARY INFORMATION

DIARY: 08

NO. OF OCCUPANTS: 3 Occupants

ADDRESS: 2/1 7 Blaeloch Drive

DIARY DATES: 25 Oct 2006-23 Nov 2006

MONITORING DATES: 13 Nov 2006-27 Nov 2006 (Temp/RH)

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

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

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

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

24	21	1	1	1	1	1				
25	22.5	1	1	1	1	1				
26	13	1	1	1	1	1				
27	14	1	1	1	1	1				
28	14	0	1	1	0	0				
29	20	0	0	1	1	1				
30	13	1	1	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	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
2	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
3	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
4	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
5	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
6	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
7	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
8	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
9	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	25	0
10	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
11	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
12	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
13	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
14	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
15	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
16	1	1	A	1	A	0	99	0	99	0	99	1	A	99	99	1	A	20	0
17	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	20	0
18	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	20	0
19	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	20	0
20	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	20	0
21	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	20	0
22	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	20	0
23	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	20	0
24	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	20	0
25	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	20	0

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

26	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	20	0
27	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	20	0
28	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	24	0
29	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	25	0
30	1	1	A	1	A	0	99	1	A	0	99	1	A	99	99	1	A	25	0
TALL Y																			

REASONS: Diary 1: “Cold damp day – temperature in the house dropped. Heating is on automatic – set at 20°C”

Diary 2: “heating set not to drop below 20°C; it was turned up to 24°C in the evening at app. 8pm”

Diary 3: Warmth, comfort – no need to increase temperature today; house was comfortable all day

Diary 4: No need to increase heating today; everybody out most of the day and it wasn’t too cold; a bit damp though outside

Diary 5: Although the heating was on auto – it did not start until about 6:00pm due to it being a rather nice warm day

Diary 6: This is the most comfortable setting – heating did not switch on until 6:00pm

Diary 7: Although I was out all day, my daughter was in. I did however come back to find the heating turned up to 26°C – she was cold!

Diary 8: the house was empty most of the day. I didn’t think that the thermostat kicked on until 6pm-ish. As it was a cold night it stayed on till bedtime.

Diary 9: This kept the house warm during the day. It switched on a few times during the day. I turned it up for the evening to 24°C

Diary 10: This is my normal temperature; did not need to increase it until approximately 7.30pm

Diary 11: To make sure the temperature does not drop below this. It was a nice day today and the heating did not start up until 5pm

Diary 15: To keep the house warm and dry – it was quite mild but damp today – so heating did not switch on until about 4pm

Diary 17: to keep the house at a level temperature; the heater in this room is an electric storage heater – I turned it on today for the first time this winter

Diary 18: to keep the house comfortable. Turned it up to 24°C in the evening; I put the storage heater in bed 2 on last night as the room does get colder than the other two.

Diary 19: turned up in the evening to 24°C

Diary 23: put temperature up to 24°C later on in the day

Diary 24: turned up to 24°C a couple of times during the day and in the evening

Diary 25: up to 24°C

Diary 28: between 24-26°C all day

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

Diary 29: For warmth; the outside air is starting to get quite damp and that has an effect on everybody; temperature between 21-25°C

Diary 30: To keep rooms warm; higher level at night to keep rooms cosy; between 21-25°C

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	3	1	24	1	24	1	4	1	4	1	24	99	99	101
2	1	1	1	1	8	1	1	1	1	1	1	1	4	99	99	101
3	1	1	2	1	24	1	24	1	1	1	1	1	24	99	99	101
4	1	1	2	1	24	1	24	1	2	1	2	1	24	99	99	0
5	1	1	4	1	24	1	24	1	4	1	4	1	24	99	99	0
6	1	1	4	1	24	1	24	1	2	1	2	1	24	99	99	0
7	1	1	1	1	24	0	0	0	0	0	0	1	24	99	99	0
8	1	1	1	1	24	1	1	1	1	1	1	1	24	99	99	0
9	1	1	1	1	4	1	1	1	1	0	0	1	4	99	99	0
10	1	1	1	1	24	1	4	1	1	1	1	1	24	99	99	0
11	1	1	2	1	24	1	24	1	2	1	2	1	24	99	99	0
12	1	1	0.5	1	24	1	0.5	1	0.5	0	0	1	24	99	99	0
13	1	1	1	1	24	1	1	1	0.5	1	0.5	1	24	99	99	0
14	1	1	0.5	1	24	1	0.5	0	0	0	0	1	24	99	99	0
15	1	1	1	1	24	1	4	1	1	0	0	1	24	99	99	0
16	1	1	2	1	24	1	24	1	2	1	1	1	24	99	99	0
17	1	1	1.5	1	24	1	24	1	3	0	0	1	24	99	99	0
18	1	1	0.5	1	24	1	0.5	1	0.5	0	0	1	24	99	99	0
19	1	1	0.5	1	24	1	1	0	0	0	0	1	24	99	99	0
20	1	1	0.2 5	1	24	1	0.5	1	0.2 5	0	0	1	24	99	99	0
21	1	1	0.5	1	24	1	0.5	0	0	0	0	1	24	99	99	0
22	1	1	4	1	24	1	0.5	0	0	0	0	1	24	99	99	0
23	1	1	4	1	24	1	1	0	0	0	0	1	24	99	99	0
24	1	1	4	1	8	1	2	1	0.5	0	0	1	6	99	99	0
25	1	1	4	1	8	1	2	1	2	0	0	1	24	99	99	0
26	1	1	4	1	24	1	2	0	0	0	0	1	24	99	99	0
27	1	0	0	1	24	1	0.5	0	0	0	0	1	24	99	99	0
28	1	0	0	1	6	0	0	0	0	0	0	1	2	99	99	0
29	1	1	3	1	6	1	1	0	0	0	0	1	24	99	99	0

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

30	1	1	3	1	8	1	2	0	0	1	2	1	10	99	99	0
TALLY																

REASONS:

Diary 1: All rooms to let in fresh air; bathroom to let out steam with extractor on; kitchen to let out laundry steam and cooking steam

Diary 2: for fresh air and steam ventilation in bathroom and kitchen; it was too windy today to open them any longer

Fresh air and ventilation

Diary 4: no real problems with noise today; the building site stops working around 12.30pm and we were all out in the morning

Diary 7: was out most of the day; very windy; therefore closed most of the windows to keep house warm

Diary 9: It was a very cold day today. I closed the windows after I felt the house was aired enough as the outside temperature would start to chill the house

Diary 10: noise made it impossible to open some windows

Diary 12: It was very windy today and after I aired the rooms I closed the windows to keep the house warm

Diary 13: it was a cold day today so I closed the windows as soon as I felt the house was aired

Diary 14: To let in some fresh air as it was a damp day I did not want to leave them open any longer

Diary 15: damp day and only opened windows that needed to be open for change of air

Diary 19: there was a cold wind blowing and as everyone was home I did not want the house to become cold

Diary 29: to air the rooms, they became quite stuffy when the heating is on all day

- Windows quickly closed if weather outside is too windy or damp
- In the habit of opening on a daily basis to ventilate and air the house

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	0	99	1	24	1	24	1	24	1	24	99	99	101
2	1	0	99	1	24	1	24	1	24	1	24	99	99	101
3	1	0	99	1	24	1	24	1	24	1	24	99	99	101
4	1	0	99	1	24	1	24	1	24	1	24	99	99	101
5	1	0	99	1	24	1	24	1	24	1	24	99	99	101
6	1	0	99	1	24	1	24	1	24	1	24	99	99	101

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

7	1	0	99	1	24	1	24	1	24	1	24	99	99	101
8	1	0	99	1	24	1	24	1	24	1	24	99	99	101
9	1	0	99	1	24	1	24	1	24	1	24	99	99	101
10	1	0	99	1	24	1	24	1	24	1	24	99	99	101
11	1	0	99	1	24	1	24	1	24	1	24	99	99	101
12	1	0	99	1	24	1	24	1	24	1	24	99	99	101
13	1	0	99	1	24	1	24	1	24	1	24	99	99	101
14	1	0	99	1	24	1	24	1	24	1	24	99	99	101
15	1	0	99	1	24	1	24	1	24	1	24	99	99	101
16	1	0	99	1	24	1	24	1	24	1	24	99	99	101
17	1	0	99	1	24	1	24	1	24	1	24	99	99	101
18	1	0	99	1	24	1	24	1	24	1	24	99	99	101
19	1	0	99	1	24	1	24	1	24	1	24	99	99	101
20	1	0	99	1	24	1	24	1	24	1	24	99	99	101
21	1	0	99	1	24	1	24	1	24	1	24	99	99	101
22	1	0	99	1	24	1	24	1	24	1	24	99	99	101
23	1	0	99	1	24	1	24	1	24	1	24	99	99	101
24	1	0	99	1	24	1	24	1	24	1	24	99	99	101
25	1	0	99	1	24	1	24	1	24	1	24	99	99	101
26	1	0	99	1	24	1	24	1	24	1	24	99	99	101
27	1	0	99	1	24	1	24	1	24	1	24	99	99	101
28	1	0	99	1	24	1	24	1	24	1	24	99	99	101
29	1	0	99	1	24	1	24	1	24	1	24	99	99	101
30	1	0	99	1	24	1	24	1	24	1	24	99	99	101
TALLY														

REASONS:

Diary 1: All open for fresh air; or when windows left closed; living room vents not opened as one is stuck and the other causes a draught on anybody sitting on the sofa below it

- Living room vent that is stuck
- Prevent condensation from building up
- A little air in without the cold

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
-----------	----------------------	----------------------------	---------	---------------------	---------------	-------------------	------------------	--------------------	--------------	----------------------	----------------------	---------------------

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

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

NOTES:

Diary 1: "I keep temp at a level that is comfortable for me and my family. It didn't need adjusting for anybody today."; not aware of any impact by the weather today – it is cold and damp though; Health is normal; problems with noise from building site across the road; had to close windows sooner than normal – I think the noise is bad, starts at 8am and goes on all day!

Diary 2: pulled a muscle – pains in back; no effect from weather but aware of it being very windy and sometimes wet; difficult to manage steam in kitchen due to not having

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

a ventilator any longer and having constantly open and close window due to wind!

Also noise from building across street

Diary 3: Annoyed with weather – wanted to initially do some gardening when weather was bright and returned at lunchtime to find it raining; annoyed with herself;

Diary 4: rained a little, but reasonably pleasant day;

Diary 5: really pleased to get tasks out of the way; nice day; sons called from abroad and felt very happy

Diary 6: no real effect from weather, but did notice cold and windy; only had to open the windows for less time due to cold

Diary 7: daughter turned up thermostat to 26°C and came home and had to open windows to cool down; busy schedule, bit of a headache (active)

- bad weather doesn't really depress, but has effect on habits in the home (such as opening the windows less due to high winds)
- Good weather has positive effect and makes tenant feel happy (enjoys lovely day; even if it's a bit windy)
- Most annoying was noise outside by builders (construction of new homes across the street)
- Additional problems being condensation on windows (diary 8) and having to monitor windows due to the wind

Diary 11: "It was a lovely sunny day today – although cold outside – quite happy"

Diary 14: miserable day – I was driving a lot today so it didn't please me to be out in the rain

Diary 15: it was dull and miserable today but I was too busy to let it affect me

Diary 16: only noise from across the street

Diary 19: It was a wet, miserable day – glad to be in for most of it; I did however go for a brisk walk during a dryer patch; bad headache

Diary 20: It was another windy and wet day – one you are glad not to be going out in!; another headache; noise from construction

Diary 21: horrible driving out in the rain

Diary 22 : "I had let the living room get too cold by leaving the living room window open too wide and long; but that was soon rectified and the house was again comfortable"; only mistake with opening window too long; It was a very wet day today absolutely miserable – I had to go out several times and got wet each time so the weather has had a definite effect; a bit miserable due to getting wet on several occasions! But all outings were necessary

Diary 23: damp weather outside made inside also feel very damp

Diary 24: cold affecting comfort in the home; constantly adjusting windows and ventilation

- Lives an active life and likes to get things done, so when weather gets in the way or causes change in plans, this causes frustration

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

- Is not really affected by weather in the house; only when need to go outside (i.e. if raining and getting wet)

Diary 27: It was another horrible day, wild and wet – but I was too busy to let it bother me

Diary 28: It was a very nice day today – sunny

Diary 29: No real effect, it is starting to get really cold and damp so I need to wrap up a bit more. But as I'm on the go most of the time it doesn't get me down – yet!; had to turn down heat a bit, don't like it too high

Diary 30: even with wild weather outside, staying indoors is cosy and warm

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	3	5	5	5	1	99					
2	3	3	5	5	5	1	99					
3	5	3	5	5	3	1	99					
4	5	3	5	5	1	1	99					
5	5	4	5	5	1	1	99					
6	4	3	5	5	1	1	99					
7	4	3	5	5	2	1	99					
8	5	3	5	5	1	1	99					
9	3	3	5	5	5	1	99					
10	5	3	5	5	1	1	99					
11	5	3	3	5	1	1	99					
12	5	3	4	5	1	1	99					
13	4	3	4	5	3	1	99					
14	5	3	5	5	3	1	99					
15	4	3	5	5	1	1	99					
16	4	3	5	5	2	1	99					
17	5	3	5	5	3	1	99					
18	3	3	3	4	1	1	99					
19	3	3	3	3	2	1	99					
20	4	3	4	4	3	1	99					
21	4	3	5	5	1	1	99					
22	3	2	5	3	1	1	99					
23	5	3	4	5	1	100	99					
24	5	3	5	5	1	1	99					

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

25	4	3	4	5	1	1	99					
26	5	4	5	5	1	1	99					
27	5	3	5	5	1	1	99					
28	5	4	5	5	1	1	99					
29	3	3	4	5	1	1	99					
30	5	4	5	5	1	1	99					
TALLY												

ADDITIONAL NOTES:

- **Keeps an active lifestyle and doesn't really let the weather affect her**
- **Only affected by weather if out in the rain or wind**
- **Noise from outside causes the most problem within the house – construction noise causes HIGH IMPACT (diary 2)**
- **Nuisance with adjusting the windows due to heavy winds; although prefers to ventilate the house regularly (diligent in doing so as well)**
- **Diary 3: was annoyed with people dumping rubbish in their bins; but someone cleared**
- **Diary 9: not enough space – the kitchen is barely big enough to do the cooking and laundry; I cannot iron in it and cannot eat in it; hates ironing**
- **Busy days keep happy**
- **Diary 13: feeling lazy, not too keen on work; noise and dirt from outside annoying me a bit more today**
- **Diary 17: noise annoyed**
- **Diary 18: lazy day**
- **Diary 19: had a headache and irritated with housework**
- **Diary 20: not feeling great today; due to bad headache and noise from building site**
-