

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

DIARY INFORMATION

DIARY: 09

NO. OF OCCUPANTS: 3 occupants

ADDRESS: 2/2 40 Holmbyre Road

DIARY DATES: 25 Oct 2006-23 Nov 2006

MONITORING DATES: 13 Nov 2006-27 Nov 2006 (Temp/RH)
29-30 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	1	5			
2	1	0	99	0	1	0	99			
3	1	0	99	1	1	1	?			
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			

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

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

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26	1	1	3	1	3	1	2	1	2	1	2	1	2	1	2	1	3	?	0
27	1	1	3	1	3	1	2	1	2	1	2	1	2	1	2	1	3	?	0
28	1	1	3	1	3	1	2	1	2	1	2	1	2	1	2	1	3	?	0
29	1	1	3	1	3	1	2	1	2	1	2	1	2	1	2	1	3	?	0
30	1	1	3	1	3	1	2	1	2	1	2	1	2	1	2	1	3	?	0
TALL Y																			

REASONS: Warmth and due to weather outside; diary 4: Warmth = health; warmth and health; Diary 8: Warmth and comfort

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	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
2	1	0	0	1	0.5	0	0	0	0	0	0	0	0	99	99	0
3	1	0	0	1	0.5	0	0	0	0	0	0	0	0	99	99	0
4	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
5	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
6	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
7	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
8	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
9	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
10	1	1	4	0	0	0	0	0	0	0	0	0	0	99	99	0
11	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
12	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
13	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
14	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
15	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
16	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
17	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
18	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
19	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
20	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
21	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0
22	0	0	0	0	0	0	0	0	0	0	0	0	0	99	99	0

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

REASONS: Diary 2: kitchen door open whilst cooking; fresh air

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

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

REASONS: Fresh Air; mainly for ventilation

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	3	100	100	0	3	0	3	1	3
2	1	4	0	3	100	100	0	3	0	100	1	3
3	1	4	0	2	100	100	0	3	0	100	1	3
4	1	4	100	100	100	100	0	3	0	100	1	3
5	1	4	1	3	100	100	0	3	0	100	1	3
6	1	3	0	2	100	100	0	3	0	100	1	3
7	1	3	1	3	100	100	0	3	0	100	1	3
8	1	3	1	3	100	100	0	3	0	100	1	3
9	1	3	1	3	100	100	0	3	0	100	1	3
10	1	3	1	4	100	100	0	3	0	100	100	100
11	1	3	100	100	100	100	100	100	0	100	100	100
12	1	3	1	3	100	100	0	3	0	100	1	3
13	1	3	1	3	100	100	0	3	0	100	100	100
14	1	3	1	3	100	100	100	100	0	100	1	3
15	1	3	1	3	100	100	0	100	0	100	1	3
16	1	3	100	3	100	100	0	3	0	100	1	3
17	1	100	0	2	100	100	0	3	0	100	1	3
18	1	3	0	2	100	100	0	3	0	100	1	3
19	1	4	100	100	100	100	100	100	0	100	100	100
20	1	3	0	2	100	100	100	100	0	100	1	3
21	1	3	0	2	100	100	0	3	0	100	1	3
22	1	3	0	3	100	100	0	3	0	100	1	3

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23	1	3	0	2	100	100	0	3	0	100	1	3
24	1	3	1	4	100	100	0	3	0	100	1	3
25	1	100	1	4	100	100	0	3	0	100	1	100
26	1	100	1	3	100	100	0	3	0	100	1	100
27	1	3	1	3	100	100	0	3	0	100	1	3
28	1	3	1	3	100	100	0	3	0	100	1	3
29	1	3	1	3	100	100	0	3	0	100	1	3
30	1	3	1	3	100	100	0	3	0	100	1	3
TALLY												

NOTES: Diary 1: temperature within flat is warm and relaxing; weather was cold and wet weather a dull day; today slight headache and general arthritis pain; felt within control of environment within home

Diary 3: It's been raining most of the day so it's a bit dull and depressing; general aches and pains

Diary 5: bright but cold

Diary 6: very wet and feeling a bit dull or depressed; hard day at work (wife)

Diary 7: weather today was good; so we felt quite happy; heat control within home

Diary 10: cold, crisp and bright day feeling very happy

Diary 18: very windy and cold out; a bit depressing

Diary 14: weather – happy

7. EMOTIONS & WELL-BEING 2

DIARY No.	Enthusiastic – Intensity	Proud – Intensity	Active – Intensity	Alert – Intensity	Irritable – Intensity	Scared/Afraid – Intensity	Other Emotions					
1	4	4	4	4	2	1	99					
2	4	4	4	4	2	1	99					
3	4	3	4	4	1	1	99					
4	4	4	4	4	1	1	99					
5	4	4	4	4	1	1	99					
6	4	4	4	4	2	1	99					
7	4	4	4	4	2	1	99					
8	4	4	4	4	2	1	99					
9	4	4	4	4	2	1	99					
10	4	4	4	4	2	1	99					
11	100	100	100	100	100	100	100					
12	4	4	4	4	1	1	99					

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13	4	4	4	4	1	1	99					
14	4	4	4	4	1	1	99					
15	4	4	4	4	1	1	99					
16	4	4	4	4	1	1	99					
17	4	4	4	4	1	1	99					
18	4	4	4	4	1	1	99					
19	100	100	100	100	100	100	100					
20	4	4	4	4	1	1	99					
21	4	4	4	4	1	1	99					
22	4	4	4	4	1	1	99					
23	4	4	4	4	1	1	99					
24	4	4	4	4	1	1	99					
25	4	4	4	4	1	1	99					
26	4	4	4	4	1	1	99					
27	4	4	4	4	1	1	99					
28	4	4	4	4	1	1	99					
29	4	4	4	4	1	1	99					
30	4	4	4	4	1	1	99					
TALLY												

ADDITIONAL NOTES:

- **General understanding for home environment**
- **Heads tenant committee and was actively involved with Netherholm HA before stock transfer to Thenew HA; active with the improvements implemented to housing (exterior wall and added insulation + refurbishments)**