Mackintosh School of Architecture | PhD (Energy & Sustainability)

#### **DIARY INFORMATION**

DIARY: 01

NO. OF OCCUPANTS: 1 occupant

ADDRESS: 19/2 200 Sandiefield Rd

DIARY DATES: 23 Oct 2006-18 Dec 2006

MONITORING DATES: 23 Oct 2006-6 Nov 2006 (Temp/RH)

15-16 Dec 2006 (CO<sub>2</sub> 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	4	1	1	0	99		
2	1	1	7	1	1	0	99		
3	1	1	5	1	1	0	99		
4	1	1	3	1	1	0	99		
5	1	1	5	1	1	0	99		
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#### 2. OCCUPATION AT HOME (Yes - 1, No - 0, Unsure - 100, N/A - 99)

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DIARY No.	No. Hours at	home	Laundry	Drying	Cooking	Cleaning	Others			
1	4		0	0	0	1	0			
2	10		1	0	0	1	0			
3	10		1	1	0	1	0			
4	24		1	0	1	1	0			
5	6		1	0	1	0	1			
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## 3. HEATING (Yes - 1, No - 0, Unsure - 100, N/A - 99, a - auto)

3. HEF		` ` `		,	-, -			,		,		,							
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 – Ratdiator Level	Toilet	Toilet – Radiator Level	Hallway	Hallway – Radiator Level	Thermostat(s)	Difficulty to operate
1	1	1	5	99	99	0	0	1	4	99	99	99	99	99	99	10 0	10 0	99	0
2	1	1	5	99	99	1	5	0	0	99	99	99	99	99	99	1	5	99	0
3	1	1	5	99	99	0	0	1	5	99	99	99	99	99	99	1	5	99	0
4	0	0	0	99	99	0	0	0	0	99	99	99	99	99	99	0	0	99	0
5	0	0	0	99	99	0	0	0	0	99	99	99	99	99	99	0	0	99	1
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**REASONS: Warmth, heating not working properly (Diary 5)** 

### 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	23	0	0	1	24	1	24	99	99	99	99	99	99	0
2	1	1	24	0	0	1	24	1	24	99	99	99	99	99	99	0
3	1	1	24	0	0	1	24	1	24	99	99	99	99	99	99	0
4	0	0	0	0	0	0	0	0	0	99	99	99	99	99	99	0
5	100	100	100	100	100	100	100	100	100	99	99	99	99	99	99	100
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REASONS: Fresh Air, Not open for Diary 4: "Windows not open as new meters have been installed and no heating; been in touch with electricity board but no help from them; house is freezing"

### 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	99	99	99	99	0
2	1	1	24	0	0	1	24	1	24	99	99	99	99	0
3	1	1	24	0	0	1	24	1	24	99	99	99	99	0
4	0	0	0	0	0	0	0	0	0	99	99	99	99	0
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REASONS: Fresh air, need to ventilate after smoking; Diary 4: not open, too cold

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## 6. EMOTIONS & WELL-BEING 1 (Positive – 1, Negative – 0, Unsure – 100, N/A - 99)

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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	5	0	1	100	100	100	100	?	4	1	4
2	1	4	1	5	0	3	1	4	0	4	?	3
3	1	5	0	3	99	4	99	5	0	4	0	5
4	0	5	0	5	0	5	0	5	1	3	1	4
5	100	100	100	100	100	100	100	100	?	100	?	100
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#### NOTES:

Diary 1: Relaxed with home temperature, depressed by weather, control problems in the home with heating

Diary 2: Relaxed with home temp, Feeling happy; quite happy today; "My birthday; nice cards and presents from family and friends"

Diary 3: Relaxed, Dull from weather, able to heat home (better control)

Diary 4: Heaters not working, irritated; depressed by weather, House is frozen as heating been cut; very cold and affecting health conditions; electricity been cut down, no heating

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

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DIARY No.	Enthusiastic – Intensity	Proud – Intensity	Active – Intensity	Alert – Intensity	Irritable – Intensity	Scared/Afraid – Intensity	Other Emotions				
1	1	100	100	100	100	100	100				
2	100	100	100	4	100	100	100				
3	4	4	100	3	2	2	100				
4	100	100	100	100	5	100	100				
5	100	100	100	100	100	100	100				
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#### **ADDITIONAL NOTES:**

- Rotten weather affects mood
- Diary 4: "House very cold due to new meters being installed"; "House still freezing will have to go to bed to keep warm as I can't stand the cold"