Mackintosh School of Architecture | PhD (Energy & Sustainability)

DIARY INFORMATION

DIARY: 04

NO. OF OCCUPANTS: 2 occupants

ADDRESS: D4 14 Fortrose Street

DIARY DATES: 1 Nov 2006-30 Nov 2006

MONITORING DATES: 1 Nov 2006-16 Nov 2006 (Temp/RH)

6-7 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	0	99		
4	1	0	99	1	1	0	99		
5	1	0	99	1	1	1	3		
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	1	7		
12	1	0	99	1	1	1	1		
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)

			WE (103	1, 140	,		00, N/A - 3	-,	
DIARY No.	No. Hours at home	Laundry	Drying	Cooking	Cleaning	Others			
1	9	1	1	1	1	1			
2	8	0	0	1	1	1			
3	10	1	1	1	1	0			
4	20	1	1	1	0	0			
5	18	0	0	1	0	0			
6	18	0	0	01	0	1			
7	19	1	1	1	1	1			
8	12	1	1	1	1	1			
9	16	0	0	1	0	1			
10	18	1	1	1	0	1			
11	10	0	0	01	0	1			
12	15	0	0	1	0	1			
13	17	1	1	1	1	1			
14	18	1	1	1	0	1			
15	18	0	0	1	1	1			
16	10	1	1	1	0	1			
17	14	0	0	1	0	1			
18	6	0	0	1	0	0			
19	5	0	0	0	0	0			
20	16	1	1	1	1	1			
21	19	0	0	1	0	1			
22	18	1	1	1	0	1			
23	12	0	0	1	0	1			

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TALLY	20	0	0	'	1	1		
30	20	0	0	1	1	1		
29	18	0	0	1	0	0		
28	18	0	0	1	1	1		
27	18	1	1	1	0	1		
26	16	0	0	1	0	1		
25	20	0	0	1	0	0		
24	14	0	0	1	0	1		

3. HEATING (Yes – 1, No – 0, Unsure – 100, N/A – 99, a - auto)

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	Α	0	99	0	99	1	3	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	3	1	3	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	4	1	3	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	4	1	3	99	99	0	99	99	99	0	99	99	0
0	99	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	3	1	2	99	99	0	99	99	99	0	99	99	0
0	99	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
0	99	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	2	1	2	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	2	1	3	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	2	1	2	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	3	1	3	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	3	1	3	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	3	1	3	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	3	1	3	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	3	1	3	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	1	3	1	3	99	99	0	99	99	99	0	99	99	0
1	Α	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
	1 1 1 1 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1 1	1 A 1 A 1 A 1 A 1 A 1 A 0 99 1 A 0 99 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A	1 A 0 1 A 0 1 A 0 1 A 0 1 A 0 1 A 0 0 99 0 1 A 0 0 99 0 1 A 0	E I A O 99 1 A O 99 0 99 O 99 1 A O 99	E I A O 99 O 1 A O 99 O 1 A O 99 O 1 A O 99 I 0 99 O 99 O 1 A O 99 I 0 99 O 99 O 1 A O 99 I 1	E I A O 99 O 99 1 A O 99 O 99 1 A O 99 O 99 1 A O 99 I A 0 99 O 99 I 3 1 A O 99 I 2 1 A O 99 I 3 1 A O 99 I 3 1 A O 99 I 3 1 A O <td>E I E</td> <td> Harmonia Harmonia</td> <td>EAT EAT EAT<td>EA I EA EA<!--</td--><td> S</td><td> S</td><td> S</td><td> </td><td> S</td><td>1 A 0 99 0 99 1 3 99 99 0 99 99 0 99</td><td>1 A 0 99 0 99 1 3 99 99 0 99</td></td></td>	E I E	Harmonia Harmonia	EAT EAT <td>EA I EA EA<!--</td--><td> S</td><td> S</td><td> S</td><td> </td><td> S</td><td>1 A 0 99 0 99 1 3 99 99 0 99 99 0 99</td><td>1 A 0 99 0 99 1 3 99 99 0 99</td></td>	EA I EA EA </td <td> S</td> <td> S</td> <td> S</td> <td> </td> <td> S</td> <td>1 A 0 99 0 99 1 3 99 99 0 99 99 0 99</td> <td>1 A 0 99 0 99 1 3 99 99 0 99</td>	S	S	S		S	1 A 0 99 0 99 1 3 99 99 0 99 99 0 99	1 A 0 99 0 99 1 3 99 99 0 99

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26	1	1	Α	0	99	0	99	0	99	99	99	0	99	99	99	0	99	99	0
27	1	1	Α	0	99	1	3	0	99	99	99	0	99	99	99	0	99	99	0
28	1	1	Α	0	99	1	3	1	3	99	99	0	99	99	99	0	99	99	0
29	1	1	Α	0	99	1	2	1	2	99	99	0	99	99	99	0	99	99	0
30	1	1	Α	0	99	1	3	1	3	99	99	0	99	99	99	0	99	99	0
TALL																			
Y																			

REASONS: Weather outside and finances; warmth; due to weather; due to weather

outside

Diary 9: house was too warm

4. VENTILATION - WINDOWS (Yes - 1, No - 0, Unsure - 100, N/A - 99, 101 sometimes)

4. VLIV			- 44114		J (. J.	5 – I,		o, on	Juic	- 100,	14/7	55,	0130	,,,,,	1100)	
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	6	0	0	0	0	99	0	1	2	99	0	0
2	1	1	3	0	0	0	0	0	0	99	0	1	3	99	0	0
3	1	0	0	1	2	1	2	1	2	99	0	1	3	99	0	0
4	1	0	0	1	4	1	6	1	3	99	0	1	4	99	0	0
5	1	1	4	1	4	0	0	1	6	99	0	1	1	99	0	0
6	1	1	2	1	3	0	0	0	0	99	0	1	1	99	0	0
7	1	0	0	1	1	0	0	0	0	99	0	1	1	99	0	0
8	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
9	1	0	0	1	2	0	0	0	0	99	0	0	0	99	0	0
10	1	0	0	1	2	0	0	0	0	99	0	1	4	99	0	0
11	1	0	0	1	2	1	4	0	0	99	0	1	2	99	0	0
12	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
13	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
14	1	0	0	1	1	0	0	0	0	99	0	1	24	99	0	0
15	1	0	0	1	1	0	0	0	0	99	0	1	2	99	0	0
16	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
17	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
18	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
19	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
20	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
21	1	0	0	1	3	0	0	0	0	99	0	0	0	99	0	0

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22	1	0	0	1	2	0	0	0	0	99	0	1	2	99	0	0
23	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
24	1	0	0	1	1	0	0	0	0	99	0	1	2	99	0	0
25	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
26	1	0	0	1	4	0	0	0	0	99	0	0	0	99	0	0
27	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
28	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
29	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
30	0	0	0	0	0	0	0	0	0	99	0	0	0	99	0	0
TALLY																

REASONS: Fresh Air; Diary 4: Fresh air and flat too warm; Diary 10: fresh air and tumble dryer on in kitchen; Diary 11: fresh air and ventilation for bathroom; Diary 14: fresh air and condensation in bathroom; Diary 26: kitchen window open as oven was on;

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

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19	99	0	0	0	0	0	0	0	0	0	0	0	0	99
20	99	0	0	0	0	0	0	0	0	0	0	0	0	99
21	99	0	0	0	0	0	0	0	0	0	0	0	0	99
22	99	0	0	0	0	0	0	0	0	0	0	0	0	99
23	99	0	0	0	0	0	0	0	0	0	0	0	0	99
24	99	0	0	0	0	0	0	0	0	0	0	0	0	99
25	99	0	0	0	0	0	0	0	0	0	0	0	0	99
26	99	0	0	0	0	0	0	0	0	0	0	0	0	99
27	99	0	0	0	0	0	0	0	0	0	0	0	0	99
28	99	0	0	0	0	0	0	0	0	0	0	0	0	99
29	99	0	0	0	0	0	0	0	0	0	0	0	0	99
30	99	0	0	0	0	0	0	0	0	0	0	0	0	99
TALLY														

REASONS: N/A

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

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19	1	1	1	1	1	1	0	1	0	1	1	1
20	1	1	1	1	1	1	0	1	0	1	1	1
21	1	1	0	1	1	1	0	1	0	1	1	1
22	1	1	1	1	1	1	0	2	0	1	1	1
23	1	1	1	1	1	1	0	1	0	1	1	1
24	1	1	1	1	1	1	0	1	0	1	1	1
25	1	1	1	1	1	1	0	100	0	1	1	1
26	1	1	1	1	1	1	0	1	0	1	1	1
27	1	1	1	1	1	1	0	1	1	1	1	1
28	1	1	1	1	1	1	0	1	0	1	1	1
29	1	1	1	1	1	1	0	1	0	1	1	1
30	1	1	1	1	1	3	0	1	0	1	1	1
TALLY												

NOTES: Diary 1: Today I'm warm, comfortable and relaxed; The sun is shining which always makes me feel happy and smiley; aches and pains; slight headache; everything is fine

Diary 2: Happy and cold makes me feel Christmasy

Diary 3: A little lethargic; fine and happy

Diary 4: stuffy and a bit uncomfortable; dull and slightly down; "very annoyed because my brother couldn't wait for me to come home and make his dinner. He went out at 6pm and bought himself a curry"

Diary 5: slightly dull as it was raining

Diary 6: warm and relaxed; no effect (weather); aches and pains;

Diary 9: dull, it's been raining all day;

Diary 10: warm and relaxed; dull, raining all day

Diary 12: warm and relaxed; dull and depressed; aches and pains, wee bit depressed;

Diary 13: dull and depressed;

Diary 14: "Pain relief isn't working too well today"

Diary 18: not at home all day

Diary 21: dull and fed up

Diary 27: "painting was re-touched after a year of complaining"

Diary 30: today is St. Andrew's day

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

ADDITIONAL NOTES:

- Regular aches and pains (on medication)
- Main caregiver to brother
- Diary 1: "the sun is shining and makes a big difference"
- Diary 2: went to hospital with sister who has heart condition
- Diary 3: irritable; been a little too warm
- Diary 4: I have turned the heating down and I felt it was too warm
- Diary 5: going out shopping and have to remember everything

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- Diary 7: Had visitors and felt my home wasn't clean enough
- Diary 8: member of the Orange Order and tonight was lodge meeting
- Diary 9: "Having to remember everything I've to do over the weekend"
- Diary 10: Because it's Friday and I love the weekend
- Diary 11: "I was extremely proud as I was at a conference for the Ladies section
 of the Orange Order 300 voices all singing the same hymns was wonderful"; It
 was great getting out of the house for a while and doing my own thing
- Diary 13: "just feeling a bit down; think I need a holiday"
- Diary 14: "my back pain was pretty bad"
- Diary 16: "Life, you just have to get on with it"
- Diary 17: going away for the weekend
- Diary 18: travelled to Newcastle today and have not been home all day
- Diary 19: got home at 7pm from Newcastle; had shower and went to bed
- Diary 20: everyday feelings
- Diary 21: very balm today (?)
- Diary 22: "I was xmas shopping and I hate shopping at the best of times"
- Diary 26: going out xmas shopping with daughter
- Diary 27: got to feel like this to get on with my life (active and alert)
- Diary 28: no reason
- Diary 30: Today is St. Andrew's day and I am very proud to be Scottish