

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

DIARY INFORMATION

DIARY: 05

NO. OF OCCUPANTS: 1 occupant

ADDRESS: 3/2 4 Lanark Street

DIARY DATES: 30 Oct 2006-29 Nov 2006

MONITORING DATES: 30 Oct 2006-13 Nov 2006 (Temp/RH)
11-12 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	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	0	0	99	1	1	0	99			
11	1	0	99	1	1	0	99			
12	1	0	99	1	1	0	99			
13	0	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	0	0	99	1	1	0	99			
19	0	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	0	0	99	1	1	0	99			
23	1	0	99	1	1	0	99			
24	0	0	99	1	1	0	99			
25	0	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	18	1	1	1	1	1				
2	21	0	1	0	1	1				
3	17	0	0	0	1	1				
4	24	0	0	1	1	0				
5	23	0	0	1	1	0				
6	20	1	1	1	1	1				
7	22	0	0	1	1	1				
8	24	0	0	1	0	1				
9	13	0	0	0	0	1				
10	5	0	0	0	0	0				
11	24	0	0	1	0	1				
12	23	1	1	1	1	1				
13	22	0	1	1	1	1				
14	22	0	0	1	1	1				
15	19	1	1	1	1	0				
16	23	0	0	1	1	0				
17	21	0	0	1	1	0				
18	19	0	0	1	1	0				
19	21	0	0	1	0	1				
20	24	0	0	1	1	0				
21	21	1	1	1	1	0				
22	22	0	1	1	1	1				
23	22	0	1	1	1	0				

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24	24	0	0	0	0	0													
25	22	0	0	0	1	0													
26	24	0	0	1	1	0													
27	24	0	0	1	1	0													
28	24	1	1	1	1	0													
29	18	1	1	1	1	0													
30	24	1	1	1	1	0													
TALLY																			

3. HEATING (Yes – 1, No – 0, 101- sometimes, 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	0	99	1	1	99	99	1	4	99	99	99	99	22	101
2	1	1	3	1	3	0	99	1	1	99	99	1	3	99	99	99	99	22	101
3	1	1	3	1	3	0	99	1	1	99	99	1	4	99	99	99	99	22	101
4	1	1	3	1	3	0	99	1	1	99	99	1	4	99	99	99	99	22	101
5	1	1	3	1	3	0	99	1	2	99	99	1	4	99	99	99	99	22	101
6	1	1	3	1	3	0	99	1	1	99	99	1	4	99	99	99	99	25	101
7	1	1	3	1	3	0	99	1	2	99	99	1	4	99	99	99	99	25	101
8	1	1	3	1	3	0	99	1	1	99	99	1	4	99	99	99	99	22	101
9	1	1	3	1	3	0	99	1	1	99	99	1	3	99	99	99	99	22	0
10	1	1	3	1	3	0	99	1	1	99	99	1	4	99	99	99	99	22	101
11	1	1	3	1	3	0	99	0	99	99	99	1	3	99	99	99	99	22	101
12	1	1	3	1	3	0	99	1	1	99	99	1	4	99	99	99	99	26	101
13	1	1	4	1	4	1	1	1	1	99	99	1	4	99	99	99	99	26	0
14	1	1	4	1	4	1	1	1	1	99	99	1	4	99	99	99	99	26	101
15	1	1	4	1	4	1	1	1	1	99	99	0	99	99	99	99	99	26	101
16	1	1	4	1	4	0	99	1	1	99	99	1	4	99	99	99	99	26	101
17	1	1	4	1	4	1	1	1	1	99	99	0	99	99	99	99	99	26	101
18	1	1	4	1	4	1	1	1	1	99	99	1	4	99	99	99	99	26	101
19	1	1	4	1	4	1	1	1	1	99	99	1	4	99	99	99	99	26	101
20	1	1	4	1	4	0	99	1	1	99	99	1	4	99	99	99	99	26	101
21	1	1	4	1	4	0	99	1	1	99	99	1	4	99	99	99	99	26	101
22	1	1	4	1	4	0	99	1	1	99	99	1	4	99	99	99	99	26	101
23	1	1	4	1	4	0	99	1	1	99	99	1	4	99	99	99	99	25	101
24	1	1	4	1	4	0	99	1	1	99	99	1	4	99	99	99	99	26	101
25	1	1	4	1	4	0	99	1	1	99	99	1	4	99	99	99	99	26	101

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26	1	1	4	1	4	0	99	1	1	99	99	1	4	99	99	99	99	28	101
27	1	1	4	1	4	0	99	1	1	99	99	1	4	99	99	99	99	28	101
28	1	1	4	1	4	0	99	1	2	99	99	1	1	99	99	99	99	28	101
29	1	1	4	1	4	0	99	1	2	99	99	1	4	99	99	99	99	28	101
30	1	1	4	1	4	0	99	1	3	99	99	1	4	99	99	99	99	28	101
TALLY																			

REASONS: Warmth, cold outside; Diary 4: “Despite it being warm and sunny today, as the heat is accumulative it is easier to open a window rather than lower the temperature.”; Diary 7: bathroom radiator increased to help dry; Diary 11: “weather fine but flat feels chilly so heating set accordingly”; Diary 12: “Very cold outside”; Diary 13: “Very cold outside”; Diary 21: “miserable outside but not as cold as yesterday. Cold week ahead so no point in turning down the heat”; Diary 22: “one of the coldest days so far with high winds – flat very cold”; Diary 26: “ice cold outside”; Diary 27: “So cold the past few days I turned the heating up. Became too hot and the effects of turning it down won’t be felt until tomorrow.”; Diary 28: “Bedroom 2 heating turned up to help dry washing”;

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	?	0	0	1	20	0	0	99	0	99	0	99	0	0
2	0	0	0	0	0	0	0	0	0	99	0	99	0	99	0	0
3	1	1	7	0	0	1	7	0	0	99	0	99	0	99	0	0
4	1	1	8	1	2	1	18	1	24	99	0	99	0	99	0	0
5	1	1	7	1	0.5	1	24	1	24	99	0	99	0	99	0	0
6	1	0	0	1	0.5	1	18	1	24	99	0	99	0	99	0	0
7	1	1	4	0	0	1	24	1	12	99	0	99	0	99	0	0
8	1	1	8	0	0	0	0	0	0	99	0	99	0	99	0	0
9	1	1	24	0	0	0	0	0	0	99	0	99	0	99	0	0
10	0	0	0	0	0	0	0	0	0	99	0	99	0	99	0	0
11	1	1	24	0	0	1	24	0	0	99	0	99	0	99	0	0
12	1	1	2	1	0.5	0	0	0	0	99	0	99	0	99	0	0
13	1	1	7	1	0.5	1	3	0	0	99	0	99	0	99	0	0
14	1	1	4	1	1	0	0	0	0	99	0	99	0	99	0	0
15	0	0	0	0	0	0	0	0	0	99	0	99	0	99	0	0

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16	1	1	1	0	0	1	1	1	1	99	0	99	0	99	0	0
17	1	1	0.5	0	0	1	0.5	0	0	99	0	99	0	99	0	0
18	1	1	6	0	0	0	0	0	0	99	0	99	0	99	0	0
19	0	0	0	0	0	0	0	0	0	99	0	99	0	99	0	0
20	0	0	0	0	0	0	0	0	0	99	0	99	0	99	0	0
21	1	1	0.5	0	0	0	0	0	0	99	0	99	0	99	0	0
22	0	0	0	0	0	0	0	0	0	99	0	99	0	99	0	0
23	0	0	0	0	0	0	0	0	0	99	0	99	0	99	0	0
24	1	0	0	0	0	1	12	0	0	99	0	99	0	99	0	0
25	1	1	0.5	0	0	1	1	0	0	99	0	99	0	99	0	0
26	1	0	0	1	2	0	0	0	0	99	0	99	0	99	0	0
27	1	1	12	1	3	0	0	0	0	99	0	99	0	99	0	0
28	1	1	6	1	3	1	3	0	0	99	0	99	0	99	0	0
29	0	0	0	0	0	0	0	0	0	99	0	99	0	99	0	0
30	0	0	0	0	0	0	0	0	0	99	0	99	0	99	0	0
TALLY																

REASONS: Fresh Air; Diary 1: middle window south facing (lvrn); bedroom ajar most of the day; “window open in living room to circulate air; bedroom window open most of time”; Diary 2: “very windy day today so unable to open any windows strong stench from the brewery across the river also makes it unwise to open any windows.”; Diary 4: “the sun was very strong today so fresh air was required”; Diary 6: “Circulate air and aid drying”; Diary 7: “fireworks display today so living room window closed to keep noise out”; Diary 9: “leaving window open for ventilation while I’m away”; Diary 11: “flat stuffy as I was away so windows open to circulate air”; Diary 13: “open to circulate air and help dry the washing”; Diary 14: “to circulate air and help dry floors after cleaning”; Diary 15: “needed to keep all the heat contained today”; Diary 16: “open for ventilation briefly”; Diary 17: “windows open briefly to circulate air, but too cold to leave open”; Diary 18: “today at lunchtime the flat seemed too hot but could not turn heat down so had to open window instead”; Diary 21: “windows open briefly for ventilation”; Diary 24: “for ventilation”; Diary 26: “I had the kitchen doors open on and off throughout the day to let in fresh air and keep me cool whilst vacuuming”; Diary 27: “I had turned the heating up and by mid-afternoon it was too hot and had to open the windows”; Diary 30: “too wet to open windows”

5. VENTILATION – TRICKLE VENTS (Yes – 1, No – 0, Unsure – 100, N/A - 99)

DIARY No.	Trickle Vents Opened	Lvrn	Lvrn – duration	Kitchen	Kitchen – duration	Bdrn 1	Bdrn 1 – duration	Bdrn 2	Bdrn 2 – duration	Bathroom	Bathroom – duration	Toilet	Toilet – duration	Difficulty to operate
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1	99	99	99	99	99	99	99	99	99	99	99	99	99	99
2	99	99	99	99	99	99	99	99	99	99	99	99	99	99
3	99	99	99	99	99	99	99	99	99	99	99	99	99	99
4	99	99	99	99	99	99	99	99	99	99	99	99	99	99
5	99	99	99	99	99	99	99	99	99	99	99	99	99	99
6	99	99	99	99	99	99	99	99	99	99	99	99	99	99
7	99	99	99	99	99	99	99	99	99	99	99	99	99	99
8	99	99	99	99	99	99	99	99	99	99	99	99	99	99
9	99	99	99	99	99	99	99	99	99	99	99	99	99	99
10	99	99	99	99	99	99	99	99	99	99	99	99	99	99
11	99	99	99	99	99	99	99	99	99	99	99	99	99	99
12	99	99	99	99	99	99	99	99	99	99	99	99	99	99
13	99	99	99	99	99	99	99	99	99	99	99	99	99	99
14	99	99	99	99	99	99	99	99	99	99	99	99	99	99
15	99	99	99	99	99	99	99	99	99	99	99	99	99	99
16	99	99	99	99	99	99	99	99	99	99	99	99	99	99
17	99	99	99	99	99	99	99	99	99	99	99	99	99	99
18	99	99	99	99	99	99	99	99	99	99	99	99	99	99
19	99	99	99	99	99	99	99	99	99	99	99	99	99	99
20	99	99	99	99	99	99	99	99	99	99	99	99	99	99
21	99	99	99	99	99	99	99	99	99	99	99	99	99	99
22	99	99	99	99	99	99	99	99	99	99	99	99	99	99
23	99	99	99	99	99	99	99	99	99	99	99	99	99	99
24	99	99	99	99	99	99	99	99	99	99	99	99	99	99
25	99	99	99	99	99	99	99	99	99	99	99	99	99	99
26	99	99	99	99	99	99	99	99	99	99	99	99	99	99
27	99	99	99	99	99	99	99	99	99	99	99	99	99	99
28	99	99	99	99	99	99	99	99	99	99	99	99	99	99
29	99	99	99	99	99	99	99	99	99	99	99	99	99	99
30	99	99	99	99	99	99	99	99	99	99	99	99	99	99
TALLY														

REASONS: No trickle vents

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

NOTES:

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Diary 1: “temperature today has made me feel quite relaxed and comfortable; today’s weather – wet and windy; second day after clock change so dark very early; due to other things happening, the weather has not affected my mood; family and personal health problems are always an issue – especially at this time; I live with Myalgic Encephalopathy which at times can be debilitating; today I feel quite well despite being very tired; no problems today; I have felt in total control of my environment today so it has had no effect on my feelings that I’m away of.”;

Diary 2: “Today is rather chilly but as the heating is not ‘instant’ I have not turned it up. I have a habit of leaving the unheated bedroom door open and then realising I’m cold. Feel relaxed but conscious of the ‘chill’; very blustery but sunny at the same time. First real autumn day; enjoy getting bit coat and woolly scarf on for the first time this year! Today I was at the homeopathic hospital for an appointment. I am often anxious as, at the very least, it focuses the mind on health matters and can often bring out emotions you are not expecting; quite a fair day health wise was a bit sore and my walking was slow; overnight we had strong winds which caused damage to the ‘garden room’ there is general debris blown in from the park – leaves etc. plus some damage to my own plants; fairy light has also been blown down; in total control of environment”;

Diary 3: “Great to come home to a warm house; very relaxed; sunny but cold beautiful autumn day; feel quite lifted; Greenock to visit my mother who is very ill after surgery; mixed emotions as I am dealing with her recovery whilst at the same time trying to be cheerful for her sake; feel tired and quite painful; I have been in full control today”

Diary 4: Bad M.E. Day – had to rest; tiredness, pain and cloudy head; “very sunny day so warm in the house yet crisp outside. Feel content despite being tired”;

Diary 6: “Feel a little tense today; as it’s so chilly; quite a green day but not away of any mood change; no problems today; painful and tired as usual; no problems today; Have felt in full control”;

Diary 7: “Dull day and although not very aware of it, felt quite overwhelmed all day; had visitors coming today and felt quite pressured”

Diary 9: “very dull day; feel a bit dull myself; staying overnight at mother’s in Greenock”;

Diary 12: “very cold tonight and as heat isn’t instant I feel quite uncomfortable; heavy rain and very cold; not really affected my mood; more active and able to go along to the shops; still very tired.”;

Diary 13: “This morning house was really cold. It has taken until mid-evening before it has felt comfortable; weather very wet again and dark all day. Has not really affected my mood”;

Diary 14: lots to do to prepare for visitors tomorrow; debris blown into garden space once again

Diary 15: “Even though the heat is set high it still feels quite cold. Feel just ‘below comfortable; again wet and windy but has had little effect on my mood”;

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family coming over and lots to do in house; magpie nesting on one of the beams outside my window”

Diary 17: “Weather caused me to feel quite anxious today actually as had to take my mom out in it”;

Diary 18: “weather very mixed by no flooding like yesterday; no difference to mood”;

Diary 19: “very very heavy rain today. Dark all day; no effect on my mood really – despite being soaked head to toe when a bus ran through a puddle!”;

Diary 20: “Despite flat being warm you can still feel the cold air outside”; mainly health-related problems

Diary 21: “Today I feel quite flushed but it takes too long for the heating to cool down/heat up”; fumes from neighbour’s paint still very strong; wet on both sides of garden space

Diary 22: “Despite heating being high the flat is very cold. There is a heavy draught at the double doors in the kitchen and I have had to put a towel along it to prevent the wind blowing in. Felt uncomfortable most of the night. Horrible day. Black, wet and strong winds all day; Feel fed up! A good deal of debris etc. in garden room; frustrated I can’t get the flat any warmer despite having the heat high; in as much control as I can be.”

Diary 23: “feel comfortable but aware of draughts”

Diary 25: broke tooth and needed to go to emergency dentist; debris in garden room again

Diary 26: “Have turned heating up as there is still a ‘chill’ despite the flat feeling warm”

Diary 27: “Nice and warm, becoming uncomfortable”; health fluctuates

Diary 30: “Today I discovered my main living room window is badly leaking; water has poured through the frame all day and I’ve had to put towels down. Housing not able to come out to see it until tomorrow; Apart from leaking window – in full control”

7. EMOTIONS & WELL-BEING 2

DIARY No.	Enthusiastic – Intensity	Proud – Intensity	Active – Intensity	Alert – Intensity	Irritable – Intensity	Scared/Afraid – Intensity	Other Emotions					
1	4	1	3	5	5	4	5					
2	3	2	3	3	4	4	5					
3	4	4	3	4	4	4	99					
4	2	1	1	2	4	3	3					
5	2	1	1	3	3	1	99					
6	3	1	2	3	2	1	99					
7	3	3	2	3	1	1	99					

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

ADDITIONAL NOTES:

- Diary 1: Anxiety dealing with sick parent
- Diary 2: Spoke with friend in hospital who is very sick
- Diary 4: Health (M.E. problems)
- Diary 8: mainly health
- Diary 14: Anxiety has a lot to do with emotions of the day
- Diary 17: Emotional after being with mother who's ill
- Diary 24: Again due to health bias