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DIARY INFORMATION

DIARY: 07

NO. OF OCCUPANTS: 2 occupant

ADDRESS: 1/1 353 Dumbarton Road

DIARY DATES: 24 Oct 2006-22 Nov 2006

MONITORING DATES: 15 Nov 2006-27 Nov 2006 (Temp/RH)

27-28 Nov 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	1	15	1	1	0	99		
2	1	1	15	1	1	0	99		
3	1	1	15	1	1	0	99		
4	1	1	15	1	1	0	99		
5	1	1	15	1	1	0	99		
6	1	1	15	1	1	0	99		
7	1	1	15	1	1	0	99		
8	1	1	10	1	1	0	99		
9	1	1	10	1	1	0	99		
10	1	1	12	1	1	0	99		
11	1	0	99	1	1	0	99		
12	0	0	99	1	1	0	99		
13	0	0	99	1	1	0	99		
14	0	0	99	1	1	0	99		
15	0	0	99	1	1	0	99		
16	1	1	6	1	1	0	99		
17	1	1	12	1	1	0	99		
18	0	1	4	1	1	0	99		
19	0	1	14	1	1	0	99		
20	1	1	15	1	1	0	99		
21	1	1	13	1	1	0	99		

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22	0	0	99	1	1	0	99		
23	0	1	16	1	1	0	99		
24	0	1	14	1	1	0	99		
25	0	1	13	1	1	0	99		
26	0	1	20	1	1	0	99		
27	0	1	18	1	1	0	99		
28	0	1	17	1	1	0	99		
29	1	1	14	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	,			00, N/A - 3		
DIARY No.	No. Hours at home	Laundry	Drying	Cooking	Cleaning	Others			
1	20	1	1	1	1	1			
2	20	1	1	1	1	1			
3	21	1	1	1	1	1			
4	24	0	0	0	0	1			
5	24	0	0	0	0	1			
6	22	1	1	1	1	1			
7	24	1	1	1	1	1			
8	24	1	1	1	1	0			
9	20	1	1	1	1	0			
10	24	1	1	1	1	0			
11	24	1	1	1	1	0			
12	12	1	1	1	1	0			
13	12	1	1	1	1	0			
14	24	1	1	1	1	0			
15	21	1	1	1	1	0			
16	18	0	0	1	0	0			
17	22	1	1	1	1	1			
18	24	1	1	0	1	0			
19	24	1	1	1	1	0			
20	24	1	1	1	1	0			
21	22	1	1	1	1	1			
22	24	1	1	1	1	0			
23	24	1	1	1	1	0			

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

- Jan quite sick and home most of the time; Tom does most of the chores
- 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	Bathroom	Bathroom – Ratdiator I evel	Toilet	Toilet – Radiator Level	Hallway	Hallway – Radiator Level	Thermostat(s)	Difficulty to operate
1	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
2	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
3	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
4	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
5	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
6	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
7	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
8	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
9	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
10	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
11	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
12	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
13	1	1	4	1	4	1	4	1	4	1	4	0	99	0	99	0	99	10 0	0
14	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10 0	0
15	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	0	99	10	0

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																		0	
16	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
																		0	
17	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
																		0	
18	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
																		0	
19	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	0	99	10	0
																		0	
20	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
	_																	0	
21	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
00	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
22	'	•	4	'	4	'	4	'	4	'	4	'	4		99		4	0	"
23	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
23																•		0	
24	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
																		0	
25	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
																		0	
26	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
																		0	
27	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
																		0	
28	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
																		0	
29	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
																		0	
30	1	1	4	1	4	1	4	1	4	1	4	1	4	0	99	1	4	10	0
																		0	
TALL																			
Y																			

REASONS: Warmth; Diary 1: Due to ill health I am very cold; Diary 2: Health reasons; Diary 6: need heat very cold if don't have heat; feel pain in cold; weather;

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	1	0	99	0	99	1	1	0	99	0	99	0	99	0
2	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
3	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0

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4	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
5	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
6	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
7	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
8	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
9	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
10	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
11	0	0	99	0	99	0	99	0	99	0	99	0	99	0	99	0
12	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
13	0	0	99	0	99	0	99	0	99	0	99	0	99	0	99	0
14	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
15	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
16	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
17	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
18	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
19	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
20	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
21	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
22	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
23	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
24	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
25	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
26	1	1	24	1	24	1	24	1	24	1	24	1	24	0	99	0
27	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
28	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
29	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
30	1	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	1	0.5	0	99	0
TALLY																

REASONS: Fresh Air due to smoke; Diary 11: "because I have a bad cold; hot and cold flashes";

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	0	99	0
2	1	1	24	1	24	1	24	1	24	1	24	0	99	0

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3	1	1	0.5	1	24	1	24	1	24	1	24	0	99	0
4	1	1	24	1	24	1	24	1	24	1	24	0	99	0
5	1	1	24	1	24	1	24	1	24	1	24	0	99	0
6	1	1	24	1	24	1	24	1	24	1	24	0	99	0
7	1	1	24	1	24	1	24	1	24	1	24	0	99	0
8	1	1	24	1	24	1	24	1	24	1	24	0	99	0
9	1	1	24	1	24	1	24	1	24	1	24	0	99	0
10	1	1	24	1	24	1	24	1	24	1	24	0	99	0
11	1	1	24	1	24	1	24	1	24	1	24	0	99	0
12	1	1	24	1	24	1	24	1	24	1	24	0	99	0
13	1	1	24	1	24	1	24	1	24	1	24	0	99	0
14	1	1	24	1	24	1	24	1	24	1	24	0	99	0
15	1	1	24	1	24	1	24	1	24	1	24	0	99	0
16	1	1	24	1	24	1	24	1	24	1	24	0	99	0
17	1	1	24	1	24	1	24	1	24	1	24	0	99	0
18	1	1	24	1	24	1	24	1	24	1	24	0	99	0
19	1	1	24	1	24	1	24	1	24	1	24	0	99	0
20	1	1	24	1	24	1	24	1	24	1	24	0	99	0
21	1	1	24	1	24	1	24	1	24	1	24	0	99	0
22	1	1	24	1	24	1	24	1	24	1	24	0	99	0
23	1	1	24	1	24	1	24	1	24	1	24	0	99	0
24	1	1	24	1	24	1	24	1	24	1	24	0	99	0
25	1	1	24	1	24	1	24	1	24	1	24	0	99	0
26	1	1	24	1	24	1	24	1	24	1	24	0	99	0
27	1	1	24	1	24	1	24	1	24	1	24	0	99	0
28	1	1	24	1	24	1	24	1	24	1	24	0	99	0
29	1	1	24	1	24	1	24	1	24	1	24	0	99	0
30	1	1	24	1	24	1	24	1	24	1	24	0	99	0
TALLY														

REASONS: Fresh air ventilate after smoking; vents are open all the time

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	4	0	3	0	5	0	1	1	5
2	1	4	1	4	0	5	0	5	1	5	1	5

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

NOTES: Most external problems due to health – sore and painful; other reasons usually revolve around health related issues as well

Diary 1: warm, relaxed; "if I don't have heating on, my pain is worse, and I get very irritable; Tom does not need as much heat as I, so have it on in three hour intervals"; "full control, heating great, cosy house"; "depressed so cold raining..."; active and visited daughter at her house"

Diary 2: relaxed; not bad, some sunshine, happy; knee is very sore have been in bed a lot; very sore; light switch blow out again in spare room; full control

Diary 3: on the weather – "Not a nice one, cold dark, so have all lamps and decorative lights, and a bright yellow dress"

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Diary 4: "another dull cold dark day. So have my brighter dress house coat on bright clothes make me feel good"; "received a beautiful letter from one of my girlfriends. I am so luck to have great chums"

Diary 5: "today's weather is not too bad, can cope; dull"; uplifting to have friends visit; cope with health problems; "been having problems with electric socket in front bedroom keeps blowing, electricians coming Thursday to repair it and we are having all point sockets, etc. checked"

Diary 6: "not nice very cold so have a very pink sweater on to cheer me up this is how I cope with dull, miserable days"; Above tenants moving and a great deal of noise with packing; but tenant came down and explained about the noise and that it would stop at 5pm

Diary 7: iron broken

Diary 9: "Happy don't care about the weather outside; meeting five of my friends for lunch as we will not meet till January so excited to see what I get for Christmas presents"

Diary 12: Too sick and weather not on mind; collapsed at seven o'clock and was very sick; had to get doctor and taken to Western Infirmary for treatment

Diary 13: Glad to get out of hospital

Diary 14: In bed and weather is not an issue

Diary 15: "A little depressed"

Diary 17: health getting better

Diary 18: "very cold, sunshine not bad"; heating is noisy but can cope

Diary 19: "dull, need bright clothes today; rain and wind terrible"; "radiators playing up have had to bleed them see how they go over week end; may have to get engineer out"; but working well now

Diary 20: kitchen window really wet; we have had a problem for two months now with top floor flat overflow still waiting for new boiler upstairs; asked housing several times to fix and have had to change kitchen window

Diary 22: fed up with body pains; feeling sick and weather doesn't make a difference

Diary 23: too ill to bother with weather; too ill to feel in control or worry over home

Diary 24: "depressed"; "try to fight it" – various cancers and sickness with a great deal of pain

Diary 26: feeling a bit better today

Diary 28: "dull, fed up"

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

ADDITIONAL NOTES:

- Mainly problems with health, and may be stuck in bed or cannot look after home when ill; has to deal with a great deal of pain
- Husband does most of the handiwork
- Disheartening with sickness, weather doesn't seem to help when it's dull or miserable outside
- Diary 4: friend came to confide in her; felt sense of pride that friend would trust her

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- Diary 5: great debate with friend; Tom learned a lot; had friends over and enjoyed company
- Diary 9: had a great lunch and good laughs; nice gifts; Tom did windows he
 hates doing them
- Diary 10: the cold
- Diary 11: Tom's been really great looked after me and had changed bed twice loads of washing
- Diary 14: both have a cold
- Diary 16: worked on things that have been put off; had a nice candlelight dinner at home with husband; dressed up uplifting
- Diary 17: worried about daughter
- Diary 18: best friend not feeling well, scared, weepy, sore
- Diary 19: can't stop thinking about Justine diagnosed with lump in breast
- Diary 26: problems breathing, not good and get very scared when I can't breath properly