

ACTIVITY LOGGING SHEET - IN ATYPICAL WEEK, ON A TYPICAL DAY...

Please describe your **typical** activities relating to the headings and questions below in as much detail as possible for each day over the period of one **week**.

Name of surveyor: _____ Dwelling ID: _____

	Occupancy: Who is normally at home, and when?	Cooling: How many hours is your AC/other space cooling devices on (fans, desert coolers), when & why?	Ventilation: a) Which windows/vents are opened. when and why? b) Which extract fans are used, and when?	Cooking & cleaning: a) When is the hob/oven used. and for how long? (please specify gas or electricity) b) How many dishwasher loads are done, and when?	Washing & drying: a) How many baths/showers are there, and when? b) How many loads of washing/tumble drying are done? What temperature and settings?	Home entertainment: For how long is the 'TV/home entertainment equipment used, by whom, and when? What is used?	Home office: For how long is the computer/laptop/home office equipment used, by whom, and when? What is used?
'EXAMPLE MONDAY'	<i>1 person working from home during the day, whole family (4 people) from 6pm..</i>	<i>Usually 6-11 pm (5hrs) like to be 'comfortable' for sleeping during late night.</i>	<i>Bedroom windows opened AM to air rooms. Extract used moments for showers.</i>	<i>Oven used for 1-2hrs in evening. 1 dishwasher load aorox. every 2 days.</i>	<i>4 showers every morning, 2 extra on Mondays after rugby. No clothes washing.</i>	<i>1 TV in living room on for 3 hrs in evening. Used by all.</i>	<i>1 PC used between 9am and 6pm. For work.</i>
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							