

Drawing Number	Participant Number		
03	03		
Performed referenced action	Heard (Researcher / Participant dialogue)	Seen (Researcher observations)	
01	<p>R: OK, so let's start in the Bedroom and what time on a workday would you get up?</p> <p>P: I would get up around 06:30.</p> <p>R: OK, is that by an alarm?</p> <p>P: My alarm is set for 07:00, but I generally hear the dog at 06:30, so if I hear him whimpering around, then I will go down then.</p> <p>R: But the latest you would get up if you had not heard him would be 07:00?</p> <p>P: Yeah.</p> <p>R: OK, so is that just the one alarm set on your phone?</p> <p>P: It is not my phone; it is my alarm clock; I do not like having my phone out; it is usually tucked away in my handbag.</p> <p>R: OK, so is it separate?</p> <p>P: Yeah, I found it used to, if it was near the bed and it was a message, as a lot of my friends live abroad now, I could get messages from America or Taiwan which could disturb me, so I put it away now.</p> <p>R: Is that something that you value then, a peaceful night's sleep?</p> <p>P: Yeah, because I think it is worse if you do try and look at your phone late at night.</p> <p>R: OK, and this is why you now use an alarm clock?</p> <p>P: Yes, I have an alarm clock that does not tick too loudly, so I use that instead.</p>	<ul style="list-style-type: none"> • Clock on bedside table nearest to the window. 	
02	<p>R: OK, so you have woken up, and it is 06:30, and you get out of bed; where do you go?</p> <p>P: So, slippers and dressing gown on, and then I go straight downstairs.</p> <p>R: So, this is just after 06:30?</p> <p>P: Yeah, 06:30 to 06:45.</p> <p>R: Do you have breakfast at this time as well?</p>	<ul style="list-style-type: none"> • Slippers located by the participant's wardrobe and dressing gown hung on the back of their door with other jackets. 	
03	<p>P: Yes, I would, so once I have fed him, I am probably on the sofa for 10 minutes so that I can come round a bit more.</p> <p>R: OK.</p> <p>P: Definitely, by about 07:00, I would be thinking about breakfast.</p> <p>R: Are you sitting with your drink?</p> <p>P: Yes, I am down there sat with my drink.</p>	<ul style="list-style-type: none"> • Participant gestures towards her seat on the two-seater sofa. • Patio door overlooking participants' garden, where a large tree is situated with bird feeds hung on it. 	

	<p>R: Are you doing anything at this point?</p> <p>P: Generally, I'm down there with my mum; we generally do not have the TV on or anything. We are just coming around talking to each other, maybe looking in the garden, but just waking up.</p>	
04	<p>P: Yeah, back here (Kitchen) to prepare breakfast, so whilst I am preparing my breakfast, I also prepare my lunch. So I would either make a sandwich or take some soup and my water bottle, anything I need to take to work that day, so my mug or any snacks I am taking, I would prep all of that at the same time.</p> <p>R: So when prepping your lunch, is that pre-planned, or is it more ad-hoc?</p> <p>P: Generally, I know what is in the fridge, so I know whether it is going to be a soup day or a sandwich day.</p> <p>R: Why do you take a packed lunch? Is that about saving money, or is it more time efficient?</p> <p>P: I suppose, well, money I do not want to be spending every day, but also the convenience of having snacks with me.</p> <p>R: OK, so you have made your lunch, you've had your breakfast and drank your tea now where?</p> <p>P: I would go back upstairs and have my shower.</p> <p>R: OK, lead the way? Do you wash up straight away?</p> <p>P: Everything will end up in the dishwasher, apart from if it was a chopping board that I had made a sandwich on, that will go on the side near the sink to be washed up later.</p>	<ul style="list-style-type: none"> • Lots of home-baked items are noted on the work surface in the Kitchen.
05	<p>R: So straight in here (Bathroom).</p> <p>P: Then I go straight into the Bathroom, after having been back into the Bedroom to grab my towel, then I'm back in the Bathroom to have my shower, put my contact lenses in, clean my teeth and then back into my Bedroom to get dressed.</p>	<ul style="list-style-type: none"> • Numerous branded products on the side in the Bathroom.
06	<p>R: OK, so let's go. Would you normally have your clothes out?</p> <p>P: Generally, for a workday, if I know I will be lecturing that day, then I would generally put my clothes out.</p> <p>R: The night before?</p> <p>P: Yeah, so they would be laid on that chair (in the Bedroom) where my gym kit is currently.</p> <p>R: OK, what sort of outfit are you choosing for those days? It is about saving time, or do you enjoy matching clothes together?</p> <p>P: I would actually say a bit of both; when I know I have to be in work early, then I know it can save me that time, but equally, if I am lecturing that day in front of students, then I want to be in an outfit that I feel and look, confident in.</p>	<ul style="list-style-type: none"> • Chair draped with various items of clothing. • Desk has both stationery items and make-up products on top.

	<p>R: What time would you say that you go into the Bathroom for?</p> <p>P: Probably, well, definitely by 07:30.</p> <p>R: Then you are back in here (Bedroom) by?</p> <p>P: 07:45.</p> <p>R: OK, then what?</p> <p>P: Then I would be getting dressed and then drying my hair.</p> <p>R: Does this happen all in here as well?</p> <p>P: Yeah, all in here, so dry my hair, put my make-up on and then straighten my hair, all in here still. Then I will do things like make my bed and pack my bag as all of the things that I need are in here as well. Yeah, I will be in here up until 00.05 minutes to leave, I would be getting stuff ready.</p> <p>R: And how about your bag to take to work, is that pre-packed?</p> <p>P: The bag is in here, but the bag is generally packed the night before, I would just go through it in the morning just to make sure that I do have everything.</p> <p>R: OK, then you are out?</p>	
07	<p>P: Then it is back downstairs.</p> <p>R: And you are leaving here (Bedroom) at what time?</p> <p>P: I would say about 08:20.</p> <p>R: So when you go downstairs are you bringing your bag down with you?</p> <p>P: Yeah, so I'm bringing my bag down with me. Then everything from bag, handbag and lunch goes on this central table, ready to go.</p> <p>R: Yeah.</p> <p>P: Then I will go into this room through here (Snug), to generally change out of my slippers and put boots on and my coat, maybe a scarf if I need it. Then I would be back to pick up the bags and my car keys and then we always come in and out through the back doors.</p>	<ul style="list-style-type: none"> • The dining table is bare. • Snug Room has a large wooden coat stand with various types of jackets and coats on it.
08	<p>R: OK.</p> <p>P: Because our cars are parked around the back there.</p> <p>R: So you leave through that door (rear door)?</p> <p>P: Yeah.</p> <p>R: And what time would that be?</p> <p>P: Around 08:30</p> <p>R: Do you put things on the table as a reminder?</p> <p>P: Yep, definitely as it is in my field of view as I leave through the rear door, I know I will not forget it.</p> <p>R: So is that something that is important, so if you did forget it then there might be consequences?</p>	<ul style="list-style-type: none"> • Back door located close to participant's driveway.

	<p>P: Yeah, so usually it is things that I need for that day, so I might have said that I would lend someone something or there might be something that I want to show the students or something like that, so that is why I would lay it out, so I would not forget it.</p> <p>R: And have you ever forgot it?</p> <p>P: No, I am usually quite good at that point of view.</p>	
09	R: OK, so you leave here at 08:30 and what time would you be back?	
10	<p>R: OK, so you leave here at 08:30 and what time would you be back?</p> <p>P: By 17:00.</p> <p>R: OK, so you walk through this rear door?</p> <p>P: Yeah.</p>	<ul style="list-style-type: none"> Path leading from driveway to rear door is paved but not lit.
11	<p>R: OK, so you have your bags with you, coat and scarf still on, now where do you go?</p> <p>P: So the bags and everything get dumped back on here (dining table) on the table and on this chair and then I will go back through (Sung) to take my things off and put my slippers on, then generally I would come back through and make a cup of tea.</p>	
12	<p>P: So the bags and everything get dumped back on here (dining table) on the table and on this chair and then I will go back through (Sung) to take my things off and put my slippers on, then generally I would come back through and make a cup of tea.</p> <p>R: And your slippers are still where they were when you took, them off?</p> <p>P: Yeah.</p>	<ul style="list-style-type: none"> Slippers are located beside the participant's other shoes.
13	<p>R: OK, so you come back to the Kitchen.</p> <p>P: And make a cup of tea.</p> <p>R: Would you say it was about 17:15?</p> <p>P: Yeah about that.</p> <p>R: And...</p> <p>P: Oh, and I would have been greeted by the dog as well and I would have played with him for a bit.</p> <p>R: OK, so you would have given him fuss, so once you have made your tea then what is the plan?</p>	<ul style="list-style-type: none"> Dog toy to be found near the rear door.
14	<p>P: I generally sit on the sofa with a tea and just zone out from the day.</p> <p>R: OK, so can work be quite stressful then, or is it the travel aspect?</p> <p>P: Sometimes it can be the travel aspect, it just depends on how the M1 has been, if it has been horrible weather and busy traffic then it is a bit of downtime for when I get back in.</p> <p>R: So this is like a retreat then?</p> <p>P: Yeah, I would also be looking at my phone because I might have had various messages that I have not had time to reply to during the day.</p> <p>R: OK, so is this still work-related?</p>	<ul style="list-style-type: none"> Magazines by the side of the sofa.

	<p>P: No, generally friends related. Yeah, and maybe a biscuit and then probably around 17:30, I would move my bag back up to my Bedroom, so say if there were something that I had not finished off or sent or a piece of work that I had not finished, then I would do that at my desk, just so I know that it was done and dusted for the day. Generally, I would not be up there doing work past 19:00.</p>	
15	<p>P: Yeah, and maybe a biscuit and then probably around 17:30, I would move my bag back up to my Bedroom, so say if there were something that I had not finished off or sent or a piece of work that I had not finished, then I would do that at my desk, just so I know that it was done and dusted for the day. Generally, I would not be up there doing work past 19:00.</p> <p>R: OK, so you would go upstairs after your tea at about 18:00 and stay up there and finish jobs off?</p> <p>P: Yeah, it really depends on what I was doing that evening, so if it was a jogging night, we would usually go out for a run at about 18:00, so instead I would go upstairs and then go out and do that. Equally, if it was a yoga night then I would come back and have to have dinner early, so I would have dinner at 18:30, so I could get to yoga at 19:30.</p> <p>R: So when you go out to do these exercise classes is this a fitness thing, a destress thing or is it more social?</p> <p>P: I would say a health and wellness thing but also going and having a natter.</p> <p>R: And is that something that you do not have access to in your daily work?</p> <p>P: Yeah, I just think that it is something that is social about this village, it has a community aspect, so it is nice getting to know different people.</p> <p>R: So say it was an activity night, like running.</p> <p>P: Well on a running night we usually have dinner at about 19:00 but if it is just a normal night then we tend to eat at around 19:30.</p> <p>R: What time would you leave for running?</p> <p>P: About 18:00.</p> <p>R: And how long would you run for?</p> <p>P: We usually run for around 40 to 45 minutes, so I'm usually home by 18:45, then I have time to go upstairs and have a shower and be back down to help prep dinner for 19:00 to 19:30.</p>	
16	<p>R: OK, so you come back downstairs and say it is 19:30 and you are prepping dinner, do you know what you are going to be cooking when you get into the Kitchen?</p> <p>P: Yeah, so generally me and mum would have probably discussed that at breakfast what we were going to have for our evening meal.</p> <p>R: OK, so that morning chat.</p>	<ul style="list-style-type: none"> Noted to be few cupboards in Kitchen space, with no wall cupboards.

	<p>P: Yeah, so that is a part of the cup of tea chat, so what do we have in, what is in the freezer and do we need to defrost anything.</p> <p>R: So do you make dinner together or by yourself?</p> <p>P: We make it together; it can vary really.</p> <p>R: What time do you aim to eat for?</p> <p>P: Generally by about 19:30.</p> <p>R: And are these meals from cookbooks or from your own knowledge?</p> <p>P: These are just own knowledge or just give it a try and see, as we are both keen cooks.</p> <p>R: OK, that is something that you both enjoy.</p> <p>P: Yeah definitely.</p> <p>R: Would you say they you were creative, or do you tend to repeat the same sort of meals?</p> <p>P: We probably got a few meals which keen to stand by for each week are but also like to mix it up as well.</p>	
17	<p>R: Going from eating to the evening time so what happens at 20:00?</p> <p>P: After dinner I am generally back on the sofa with the TV and we probably watching until 22:00 maybe, I might be messaging on my phone.</p> <p>R: So not work-related.</p> <p>P: No, not work-related.</p> <p>R: OK.</p> <p>P: To be honest, if it has been rubbish TV on, we have been doing jigsaw puzzles recently as something different to do, if there is nothing that we want to watch.</p> <p>R: So you value entertainment then in the evening?</p> <p>P: Yeah.</p> <p>R: So, different forms of media?</p> <p>P: Yeah.</p>	<ul style="list-style-type: none"> Participant gestures to welsh dresser in the Living Room, which contains puzzles and jigsaws within.
18	<p>R: And then what happens at 22:00?</p> <p>P: I've usually about had it, so I would go upstairs.</p> <p>R: OK.</p> <p>P: So I would use the Bathroom and go back to the Bedroom to get changed and I am usually in bed between 22:15 to 22:30.</p>	
19	<p>P: So, I would use the Bathroom and go back to the Bedroom to get changed and I am usually in bed between 22:15 to 22:30.</p> <p>R: Are you doing any preparation for the next day, so like packing your bag or choosing your clothes?</p>	

P: Yeah If I know that I will be up and out earlier then I usually would lay my clothes out for the next day, and I would prepare my bag, so whether it is my bag or my clothes they would all get laid out on that armchair.

R: And that is similar to the table downstairs.

P: Yes, I suppose they are similar objects where they have things that I need to remember.

R: OK, do you have the same alarm for every day?

P: Yeah, so I will generally be up for 06:30 but 07:00 would be the latest.