

Floorplan Number	Research participant code	
16 & 17	HE P12	
Performed referenced action	Heard (Researcher / Participant dialogue)	Seen (Researcher observations)
01	<p>R: So, we are in the bedroom, and what time do you wake up?</p> <p>P: My alarm goes off at 06:05.</p> <p>R: Is that just one alarm or multiple?</p> <p>P: Multiple, so the first one goes off at 06:05, turn it off, then the next one goes off at 06:10, then I get up and go downstairs and make two cups of tea.</p> <p>R: Is your wife awake at this point?</p> <p>P: No, she is asleep.</p> <p>R: Do you turn any lights on?</p> <p>P: No, but I turn the downstairs light on when I get down as it is still partly light down here.</p> <p>R: So, when you wake up, do you use your phone to navigate around the bed?</p> <p>P: No, we have a lamp post outside our house, so it is always quite light; it is like we have the moon out all the time.</p> <p>R: Right, so you get out of bed, then what happens?</p> <p>P: Well, I am trying to be as quiet as I can because I do not want to disturb my wife.</p> <p>R: And is that important to you?</p> <p>P: Well, I think it is important to her too; she is not a morning person, you see, so I use the light to get out of bed.</p> <p>R: Do you have any difficulties in getting to the Bedroom door without making any noise?</p> <p>P: It can be tricky when she has left her clothes on the floor or whatever; I have to do my best to avoid the things.</p> <p>R: Is that easy to do?</p> <p>P: Not really, no, but I have to do my best. Once I get to the door, I open it like this.</p> <p>R: So, quite slowly?</p> <p>P: Yeah, or it makes a loud creek sound. Once I am out of the door, I put my hand out to find the stair handrail, and then I know where I am. Once I get downstairs, I turn the light on, as I said.</p> <p>R: Right.</p>	<ul style="list-style-type: none"> • The research participant opens the door very slowly (goal of being quiet) • Streetlamp post outside of research participants' bedroom window (making it light in the bedroom) • The bedroom floor appears tidy, with only a wastepaper basket and a small rung obscuring the research participants' exit

02	P: No, but I turn the downstairs light on when I get down as it is still partly light down here.	<ul style="list-style-type: none"> Entrance hall light switch in close proximity to the staircase
03	<p>R: So, you're downstairs and going into the kitchen. Do you drink each tea one after the other?</p> <p>P: No, one is mine, and one is my wife's.</p> <p>R: Oh, so you take a drink up to her?</p> <p>P: Yeah, whilst the kettle is boiling, I make my cereal, so I have 2 cups of tea in my hand and my cereals.</p> <p>R: Are the cereals just for you?</p> <p>P: Yeah, that's my first job to eat.</p> <p>R: And what time is this?</p> <p>P: It's about 06:20.</p>	<ul style="list-style-type: none"> By the Kitchen entrance, board on the wall with weekly meal choices written out (planned list)
04	<p>R: OK, so, you go back upstairs and eat your cereal back in bed?</p> <p>P: Yeah, and I put the TV on.</p> <p>R: Just the TV on or the lights as well?</p> <p>P: Just the TV as that is enough light.</p> <p>R: OK, and what sort of things do you watch?</p> <p>P: This Morning.</p> <p>R: Why do you watch that, is it for news, weather or updates?</p> <p>P: I watch it as my mum and dad have always done it, you've got a bit of weather and news.</p> <p>R: So, do you pay attention to it?</p> <p>P: Yeah.</p> <p>R: So you have eaten your breakfast and drank your drink in bed, now what do you do?</p>	<ul style="list-style-type: none"> Gestures to how he would place his mug down on wife's side of the bed Turns the TV on without using remote (no visible remote in the Bedroom) TV pre-set to ITV (morning news)
05	<p>P: I get ready to go out.</p> <p>R: To work?</p> <p>P: Yeah, work.</p> <p>R: Do you have a uniform?</p> <p>P: Yes.</p> <p>R: Is that laid out the night before?</p> <p>P: It is not laid out neat, but it is laid out where it always goes.</p> <p>R: OK.</p> <p>P: So, I would always put it in the same spot.</p> <p>R: So where is that?</p> <p>P: In the wardrobe bit, as it could be dirty sometimes, so I put it away in the corner instead of hanging it back up.</p>	<ul style="list-style-type: none"> Research participant shares wardrobe with wife, shown to have less space than her Uniform in a pile in the corner

	<p>R: OK, so your clothes are always ready to go in the morning?</p> <p>P: Yeah, my jeans more than anything and then I get a fresh t-shirt off the rail.</p> <p>R: And it does not matter which T-shirt?</p> <p>P: No, I have a load of the same.</p> <p>R: Is this about saving time?</p> <p>P: It does the same time, but more than anything, I like order and routine, I suppose.</p>	
06	<p>R: OK, so you dressed and have had your cereal, so do you go to the bathroom (en-suite)?</p> <p>P: Yeah, so, I go to the bathroom (en-suite), clean my teeth, and wash my face as I have a shower before getting into bed, put some aftershave on.</p> <p>R: Are all these products in one room?</p> <p>P: Yeah, they are all in the en-suite. So then I keep the TV on and say bye to my wife, then go downstairs.</p>	<ul style="list-style-type: none"> • Products neatly aligned on the shelf
07	<p>R: OK, so now what do you do.</p> <p>P: So, if I have made lunch the night before, I will get that out and go and get my keys and wallet, get my shoes on, and I am out of the door by 06:40.</p>	
08	<p>R: OK, so you leave the kitchen, and then what happens?</p> <p>P: I basically come back through here [Entrance Hall] where I get my coat and shoes on.</p> <p>R: Does it matter which coat and which shoes you use?</p> <p>P: Not really; I tend to go for the same pair of shoes and coat just so I know what I am doing in the morning?</p> <p>R: OK, but this coat does not look waterproof. Is that an issue?</p> <p>P: It can be if I have to do any outside duties at work, but that is not often; I generally use this coat because it's soft on the inside; I think it is Sherpa lined.</p> <p>R: How often would you have to work outside?</p> <p>P: Twice a month if I'm lucky, otherwise it could be five or six times.</p> <p>R: OK, so you also mentioned turning this [Entrance Hall] light on. Is it still on when you leave?</p> <p>P: Yeah, so the bonus of putting the Hallway light on is that it is right near the door [front door], so it is one light on and one light off as I do not like leaving lights on.</p> <p>R: Is that cost-related?</p> <p>P: Not really; it just annoys me when too many lights are on, especially when we do not need them or use the room in which thereon.</p> <p>R: And you do not come into the Living Room?</p> <p>P: No.</p>	<ul style="list-style-type: none"> • Research participants select woollen duffel coats and walking boots

09	<p>R: OK, so basically, you come downstairs, make the tea and get your breakfast, eat and drink in bed, watch TV, then get dressed, wash, and then back downstairs, get any packed lunch out and leave for 06:40.</p> <p>P: Yeah, in the space of 00.30 minutes. It is quite down now.</p> <p>R: So, what would happen if you were late for work?</p> <p>P: It is quite relaxed, to be fair, but I always give it 00.10 minutes for traffic.</p> <p>R: So, are you aware of being late?</p> <p>P: You would be surprised how relaxed it is. So if I was 00.05 minutes late, it would not be like being told off, it is just 00.05 minutes late, but if you say you are going to be there, then I'm there at that time.</p> <p>R: So, it is more your value.</p> <p>P: Yeah, it is a part of that routine thing again. They are saying about flexi-time at work, but I would hate flexi-time as if I had the choice of starting at either 07:00 or 09:00, I would still have to pick one.</p> <p>R: So, you have something to focus on?</p> <p>P: Yeah.</p> <p>R: So, you like structure in your day?</p> <p>P: Definitely.</p>	<ul style="list-style-type: none"> • Gestures to show that he would lock the door behind him
10	<p>R: OK, so what time would you be walking back through the door</p> <p>P: I work for 08.00 hours, so I would finish at 16:00 Mondays and Wednesdays and 17:15 on Tuesdays and Thursdays and then 12:00 on a Fridays.</p>	
11	<p>R: So, say your back at 17:00 on a Monday; what do you do when you get through the door?</p> <p>P: I'd put the kettle on to make a coffee.</p> <p>R: OK, so straight into the kitchen?</p> <p>P: Yeah.</p> <p>R: Any thoughts about dinner or getting changed?</p> <p>P: Well, we always write down what we are having for dinner.</p> <p>R: So, you get these meals out ready?</p> <p>P: Yeah, I would get the meat out of the freezer in the morning.</p> <p>R: Is there a routine for who cooks what?</p> <p>P: It is strange, really, as I am probably the one to get it ready, but we do not eat till later, so it is not ready on the table for when my wife gets in.</p> <p>R: OK.</p> <p>P: We kind of do not eat till 19:30 when Coronation Street is on.</p> <p>R: So at 17:00, you're in and making a drink?</p>	<ul style="list-style-type: none"> • Points to meat defrosting on the kitchen worktop

	P: Yeah, so I am making a coffee, and then I will have a shower and get out of my work clothes.	
12	P: Yeah, I also put the TV on whilst I have a shower for some background noise. R: So that is something that you like, almost having somebody else in the house? P: Yeah, it is; actually, it is nice to have some background noise.	<ul style="list-style-type: none"> Research participant manually turns the TV on
13	R: So upstairs and shower. P: So out of my work clothes. R: OK, so what happens to your work clothes then? P: Well, my t-shirt and that go into the wash, and my trousers and stuff will go out the way as I only wash them once a week as they are overall trousers.	<ul style="list-style-type: none"> Gestures that he places trousers in the corner of the room for the morning
14	R: And then you get changed into something else? P: Yeah, I'd have a shower and a chance to loungewear or joggers. Then there is always something to tidy up, normally clothes to put away. R: So this is your chance to do some jobs? P: Yeah, I tend to go back downstairs before my wife gets back and tidy the kitchen.	
15	R: So you come back downstairs, and what time is it about 17:30 to 17:45? P: Yeah, 17:45, as my wife does not get back until 18:00. R: OK, so you're in the kitchen. P: Yeah, prepping dinner then back in the Living Room just watching YouTube Videos.	<ul style="list-style-type: none"> The research participant shows where chopping boards are kept
16	P: Yeah, prepping dinner then back in the Living Room just watching YouTube Videos	<ul style="list-style-type: none"> Gestures that he would watch these videos on his phone
17	R: Your wife comes in then what, do you have a chat? P: Yeah, she comes in and gets changed, then I will make her a drink and then start cooking dinner, sometimes we go for a walk when we get back for 00.30 minutes just as something to do. R: OK.	
18	P: As I say, we do not eat until about 19:30, so we can be just sitting there. R: So at 19:00, you start coOKing? P: About 18:50, I would have thought. R: Is this something that you do together? P: Yeah, depending on what it is. R: So you prep stuff, so chop stuff ready? P: Yeah, then we shall coOK it. R: So, do you enjoy coOKing? P: Yeah, I do not mind it, actually. R: Do you find that the meals that you eat are the same?	<ul style="list-style-type: none"> Gestures towards the sofa in the living room when talking about where they would sit

	<p>P: We try not to, as we have the folders of the Slimming World stuff, and there is always something in there. But sometimes we do enjoy the same meal so like pork noodles, so we would buy a big packet of pork and have that once a week.</p> <p>R: Do you think you need more creativity in the kitchen, or do you think you have it already?</p> <p>P: I think I am quite the same, but my wife is good at changing it up.</p> <p>R: OK.</p> <p>P: Yeah, she does get bored of the same thing.</p>	
19	<p>R: So, once you have cooked your meal, you then bring it back in here [living room] to watch television together?</p> <p>P: Yeah.</p> <p>R: And then do you leave the pots on the side [Living room] or take them out straight away [Kitchen]?</p> <p>P: We take them out straight away and then put the stuff in the dishwasher and say Coro is on; then, in the interval, we tidy the kitchen and then come back in to catch the second half.</p>	<ul style="list-style-type: none"> The research participant acted as if he was in a hurry to take out pots in between the programme
20	<p>R: And then do you leave the pots on the side [Living room] or take them out straight away [Kitchen]?</p> <p>P: We take them out straight away and then put them in the dishwasher and say Coro is on, then in the interval, we would tidy the kitchen up and then come back in to here [living room] to catch the second half.</p> <p>R: And then do you leave the pots on the side [Living room] or take them out straight away [Kitchen]?</p> <p>P: We take them out straight away and then put them in the dishwasher and say Coro is on, then in the interval, we would tidy the kitchen up and then come back in to here [living room] to catch the second half.</p> <p>R: Why do you do tidy up during the interval and not wait until the end of the show?</p> <p>P: I like to see what I can get done in that short space of time as I do not like watching the adverts, so if I can do something else, I will.</p> <p>R: So, do you have a chat about your day?</p> <p>P: Yeah, when we are cooking and eating.</p> <p>R: Is that something that you like to do?</p> <p>P: Yeah, if something is on our minds.</p>	
21	<p>R: Do you both go to bed at the same time?</p> <p>P: Yeah.</p>	<ul style="list-style-type: none"> Research participant re-enacts locking front and back doors before heading upstairs

	<p>R: OK, so what is your routine here, do you lock up everything downstairs?</p> <p>P: Well, my wife usually goes up to shower as I stay down to turn everything off, then say there is something on at 22:00 say, then I would put it on (Bedroom).</p> <p>R: OK, whilst she is showering?</p> <p>P: Yeah, so I normally I make a tea before going to bed, so I'd take a drink, turn everything off and lock up, then go to bed with a cup of tea.</p>	
22	<p>R: What time would that be?</p> <p>P: Anywhere between 21:00 and 22:00, since we have this new sofa, it has been a bit different as we end up just falling asleep down here, but by about 22:00, we are in bed.</p>	
23	<p>R: OK, so you are in bed and having a drink; what time do you go to sleep?</p> <p>P: 23:00 to 23:30, so a couple of hours after getting into bed, then once we have had enough, we go to sleep.</p>	<ul style="list-style-type: none"> Research participant re-enacts stretching from the end of the bed to turn the TV off