

Drawing Number	Participant Number	
02	02	
Performed referenced action	Heard (Researcher / Participant dialogue)	Seen (Researcher observations)
01	<p>R: OK, so we are in the Bedroom and what time usually would you wake up?</p> <p>P: Normally around 07:00.</p> <p>R: OK, is that by an alarm, or is it natural?</p> <p>P: No, alarm. But if we had a really important meeting, let's say then it might be earlier, but normally it is about 07:00, but I find it difficult because I am not used to waking up earlier here [UK] as I was when I'm back home [Mexico].</p> <p>R: OK, so why is it more difficult to wake up earlier in the UK as opposed to Mexico?</p> <p>P: Mainly because of the sky; it is very dark and often raining, and I do not want to get up to that.</p> <p>R: OK, so the alarm goes off at 07:00 and is that just one alarm?</p> <p>P: No, two.</p> <p>R: OK, so one of those alarms is at 07:00 and the other?</p> <p>P: For 07:45, but that is the very latest I can wake up. But like yesterday it was a rainy day, so I did not get out of bed until 08:20.</p> <p>R: Are you getting out of bed by 07:00?</p> <p>P: No, normally one of us is taking a shower first, but we randomly pick who will be the first one to go to the shower; sometimes I say, "<i>no, you first but it depends</i>". But if I am first, I like to choose my clothes before I go in.</p> <p>R: OK, so how would you choose your clothes, are they in here (Bedroom) or in another room (Second Bedroom)?</p> <p>P: Both, so the bigger clothes go in the other room (Second Bedroom). Basically, I do not need to see the clothes as I have a good memory of what I have clean and not clean.</p> <p>R: OK, so you think about this in the morning?</p> <p>P: Yes, before I take a shower, so I would normally take my clothes with me inside the Bathroom.</p> <p>R: OK.</p> <p>P: Yeah, so that is because it is too cold, so I like to have my clothes with me.</p> <p>R: OK, so say that it is 07:30, you have got your clothes then where do you go, show me.</p>	<ul style="list-style-type: none"> • The bedside table only had a small lamp on it. • Several cactuses on windowsill. • Room neat and tidy, nothing on the floor.

02	<p>P: So I choose the clothes, so I go to the Bedroom (Second Bedroom).</p> <p>R: Yeah.</p> <p>P: Then I carry them, depending on what type of clothes they are, to the Bathroom.</p>	<ul style="list-style-type: none"> • Desk had paperwork piled on top of each other. • Access for storage under spare bed, participant shows how to open it by lifting handle at the end of the bed.
03	<p>R: Yep.</p> <p>P: Then I start to take a shower for like around 00:15 minutes.</p> <p>R: So it is about 07:45 to 08:00 when you are finished?</p> <p>P: Yeah, but at that time, it is when me and my husband would switch over, so I have to move my clothes and my make-up.</p> <p>R: OK, so where do you move them to?</p> <p>P: Sometimes over here (by the sink), so he is taking a shower, and I am here with the mirror doing my make-up.</p> <p>R: So, at this point, you are dressed and have done your make-up?</p> <p>P: Yeah.</p> <p>R: OK, then where?</p>	<ul style="list-style-type: none"> • Bathroom dark with no windows. • Women's face products on the glass shelf above the sink. • Store had lots of rolled, fresh, clean towels.
04	<p>P: Yeah, so now I go down.</p> <p>R: Downstairs?</p> <p>P: Yeah, to do the breakfast.</p> <p>R: OK.</p> <p>P: So that is breakfast and lunch.</p> <p>R: So it is probably about 08:00 to 08:15?</p> <p>P: Yeah, about 08:00 to 08:15, yeah. Sometimes the house is not tidy, as we watch TV late, but it is not a lot to do. So, as I walk through the Living Room, I tidy the cushions and open the curtains.</p> <p>R: OK, so once you have done those jobs, it is into the Kitchen?</p>	<ul style="list-style-type: none"> • Living Room has a modern record player. • More cactuses on the windowsill. • Backpack leaning against sofa arm.
05	<p>P: Yeah, so we go into the Kitchen.</p> <p>R: OK, do you let the dog put at this point?</p> <p>P: No, not really, as it is my husband is in charge of that. But normally, I can feed her at like 08:00 to say 08:20.</p> <p>R: Yeah.</p> <p>P: Then I would start to make the breakfast.</p> <p>R: So, is that for your husband as well?</p> <p>P: Yeah, both of us.</p> <p>R: OK, and do you make breakfast every day?</p> <p>P: Yeah, whilst I do this, I also make lunch when I am prepping breakfast, which is cooked in the morning.</p>	<ul style="list-style-type: none"> • Meal planner on side of fridge as you walk into the Kitchen. • Lots of different shaped sauces pans stacked on Kitchen worktop. • Kitchen faces on to rear Garden. • Participant shows me cupboards, inside cupboards are Spanish dried spices.

R: So, it can be quite stressful with time pressures?

P: I rarely arrive at the office at 10:00 as I am still cooking, as I just do not want to get out of bed when it is like this [wet weather].

R: So, do you cook lunch for both of you?

P: So, the breakfast we would eat here and the lunch to take to work. So, the breakfast takes me 15 minutes, but the lunch I make is more of a meal, it is bigger.

R: Is there a reason then why you did not make the lunch the night before?

P: In Mexico, we do not normally do that...

R: OK, so it is more cultural?

P: Yeah, so, we would normally have a bigger break in our work, so like two hours break, so sometimes we would even go home or even go to another place to have lunch, as this is most important. So even in Mexico, we would go back home as we like warm and just done food. But if it is really complicated, then I may start it the night before.

R: OK, so it is important to have fresh food for that day.

P: I am still learning, as being here is different, but in general, fresh just done food is better for us.

R: So, is that a health thing or just taste?

P: Cultural and taste, but now I know that I need to re-heat more I'm thinking about what type of dishes are easier to reheat, so there is food that is difficult to reheat, so like a medium cooked meat does not reheat well, so I say that is more for the weekend.

R: So, do you have in mind what lunches you are going to cook?

P: I have this chart, so it is like a menu for the week, then I would go to the supermarket.

R: So, you only buy meals for that week?

P: Yeah, also here, my fridge is small, so in Mexico, I would buy lots of stuff as there are normally lots of little stores, but here, not so much. So I really have to plan what to get and what will fit in the fridge as well.

R: OK, so does it take a lot of time out of your morning?

P: Yeah, so the breakfast is normally like 00:20 minutes, and that is when my husband is going out to walk the dog.

R: Right, OK.

P: He is gone for like 30 minutes, so when he comes back, the breakfast is done and ready to eat and normally lunch is in process.

R: So, when your husband leaves home to walk the dog, is that your cue to start breakfast?

P: Yeah.

R: Do you enjoy that part?

	<p>P: I really like to cook, honestly, but sometimes I say, ‘I need to cook in the night to be able to have a calm breakfast’</p> <p>R: So, it can be quite stressful with time pressures?</p> <p>P: Yes, yes. It is very rare that I arrive at the office at 10:00.</p> <p>R: OK, so making lunch fresh can make you late?</p> <p>P: Yeah.</p> <p>R: So, say that you have just cooked and have eaten breakfast, do you wash up straight away, or is that usually left?</p> <p>P: No, right away. We aim to finish eating breakfast around 09:00 to 09:15, and then I would wash the dishes. Normally, I would start washing up things as I go to make it easier, so we would wash this and this and this, but then I would leave them out to dry.</p> <p>R: OK.</p> <p>P: So, if I’m really behind with the lunch then my husband would begin to help with the washing. But if lunch is ready and there is time then I would then watch TV as my husband would watch more in the night.</p> <p>R: OK, so it is like you are taking turns?</p> <p>P: Yeah. Then I would put the lunch in the plastic boxes</p> <p>R: Containers.</p> <p>P: Containers, I feel if we are really good, then it would be like 09:45. So after breakfast, we would clean up.</p>	
06	<p>R: Yeah, so what happens after?</p> <p>P: We go back upstairs to clean our teeth, and it is about 09:45.</p> <p>R: 09:45?</p> <p>P: Yeah, so after lunch and breakfast the Kitchen is like a splat, as I usually use a lot of things to cook, so I make a lot of mess, so it takes like 00:20 minutes to tidy.</p> <p>R: Yeah.</p> <p>P: The reason why it takes time, is that we really talk and speak a lot.</p> <p>R: OK, so is that because you talk about the things that are happening on that day?</p> <p>P: There is things happening in Mexico not political but more gossip with our friends, we could spend 20 minutes just talking, but like 10:15 we could be ready.</p> <p>R: OK.</p>	
07	<p>P: So really after we have been upstairs, my husband gets the bikes out (Shed).</p> <p>R: So, are you downstairs now?</p> <p>P: Yeah, I’m in the Living Room just sorting stuff out and waiting for the bikes.</p> <p>R: Yeah.</p> <p>P: So he would get the bikes outside and by then we are ready to go.</p> <p>R: So are your work bags packed on the day?</p>	<ul style="list-style-type: none"> • Participant points to Shed which is visible from Living Room entrance to the Kitchen. • Shed has lots of locks on it.

	P: The backpacks are usually just for lunch as everything else is at the Office already.	
08	R: OK, so you leave for 10:15 on your bikes? P: Yeah.	
09	R: And what time do you come back? P: So, say normally I'm there (Office) for after 10:00, I would be home for 19:30. So sometimes my husband is home 30 minutes before me, so at 19:00, then he takes the dog for a walk, and I would often see him walking back to the house.	<ul style="list-style-type: none"> • Small Store at the entrance to the Entrance Hall, this has several coats and dog walking equipment.
10	R: OK, so you have just come through the door with your bag on and coat on; what do you do next? P: So, as you can see, I would put my backpack here (Living Room) and then take my coat and shoes off, but usually I would play with the dog as she is usually jumpy. R: So excited? P: Yeah, so I try to play with her a little bit then we sit here (sofa) and talk. R: OK, so is this more about your day? P: Yes, so everything that we have done during the day. So my husband would tell me about his PhD, we do talk about other things, but it is usually about work. R: OK, how long would you talk for if it was 19:30? P: Almost an hour, until we feel hungry. But it is at least 00:30 minutes. R: So is this something that you value, so the time to get everything off your mind? P: Yeah, we message before we get home but obviously during the day, we do not have that much time to talk, I really like to talk. I would say us both doing a PhD has helped us to talk about my ideas and then his ideas and I try to help him.	<ul style="list-style-type: none"> • Participant gestures to the sofa where she likes to sit, in the evenings. • The chair is positioned in front of the TV.
11	R: OK. P: Then we when have talked and we feel hungry I go to make dinner. R: Is that the prepared on the board? P: No that is just lunch. R: OK. P: So for use we do not have a big dinner; dinner is like breakfast for us. R: Is this something that you have to plan for, or could you just walk in and make it? P: No, breakfast and dinner I just open the fridge, but normally we have like 3 or 4 normal dinner, so we have a sandwich for dinner or cereal. R: So it is not really plan, do you like just making basic things? P: Yeah so, some nights if I am feeling hungrier, I would make something heavier maybe like a frozen pizza. Lunch is the main thing that is the one that I really think about. R: So you would eat for 20:30?	

12	<p>P: Normally we would eat dinner here (Living Room)</p> <p>R: And watch TV?</p> <p>P: Yes, so normally I would do the dinner as it is really easy to do, then I would go to the Living Room, it would only take 00:10 minutes before it is ready.</p> <p>R: So, is it about relaxing now?</p> <p>P: Yes.</p> <p>R: Do you talk about work when relaxing?</p> <p>P: No not anymore, but I did not realise it before that we do just have like 01:00 hour before dinner to talk.</p> <p>R: OK.</p> <p>P: I chat with my family in Mexico as it is a good time to do that.</p> <p>R: So, what time would it be in Mexico?</p> <p>P: Like 13:00 to 14:00, so lunchtime?</p> <p>R: Do you often stay up later to talk to them?</p> <p>P: Yeah, so if I'm not talking to them then I go to bed around 22:00 to 23:00.</p> <p>R: OK.</p>	<ul style="list-style-type: none"> Bright and colourful cushions scattered on sofa and chair.
13	<p>P: I do though when we watch TV go upstairs and get into my pyjamas, so we make a break, we would go upstairs and get changed then come down to watch a second episode.</p> <p>R: Yes.</p>	
14	<p>P: Oh, we then close all the doors downstairs.</p> <p>R: So, is that for security?</p> <p>P: Yeah. Then we take the dog out into the Garden to pee again, then close the door and shut all of the doors.</p> <p>R: OK.</p> <p>P: My husband checks the house temperature and changes it if it is going to be colder or warmer.</p> <p>R: Why does he do that?</p> <p>P: The temperature would say it was like 20 degrees and I say that it was 'impossible', as it does not feel like that, so he turns it up manually.</p>	<ul style="list-style-type: none"> No curtains or blinds in Kitchen. Digital thermostat on the wall in Living Room.
15	<p>R: OK, then what?</p> <p>P: Yeah, then after watching TV we go back upstairs and use the Bathroom</p> <p>R: Right.</p> <p>P: Clean our teeth, use the toilet then we go to bed.</p>	<ul style="list-style-type: none"> Participant gestures to put the TV remote back by the TV before heading upstairs.
16	<p>R: What time do you get into bed for?</p> <p>P: Usually like 23:00 to 23:30, it just depends on the evening.</p>	<ul style="list-style-type: none"> Phone charger visible next to both sides of the participants bed.

