

Drawing Number	Participant Number	
06	06	
Performed referenced action	Heard (Researcher / Participant dialogue)	Seen (Researcher observations)
01	<p>R: So, we are in the Bedroom.</p> <p>P: Yeah, I am woken up by my wife leaving in the morning; she shouts up at 07:45, 'I'm going', and I will go 'alright', and then I will then wake up that way.</p> <p>R: So you do not have any alarm set?</p> <p>P: Her alarms wake me up when she gets up, but I generally try and get another 30 minutes.</p> <p>R: And what time does she wake up?</p> <p>P: She wakes up at 07:10, which is the first alarm; it depends if she gets up, but then she will go to the Bathroom and sort herself out.</p> <p>R: Does she put the lights on in here (Bedroom)?</p> <p>P: Yeah, but I mong out and then the cat comes in and cuddles up with me. I generally get up at 07:45 every day, then walk to my cupboard, where I have my pants and socks and walk to my other cupboard and get my uniform.</p> <p>R: So you have a uniform for work?</p> <p>P: Yeah, so I chuck that there and then go to the Bathroom.</p> <p>R: So all of your clothes are out already?</p> <p>P: Yeah, clothes are there ready.</p>	<ul style="list-style-type: none"> Participant refers to the cupboard when speaking but gestures towards the wardrobe. Participant re-enacts throwing uniform onto the corner of the bed.
02	<p>R: OK, then what?</p> <p>P: I'd go to the Bathroom, have a wee, clean my teeth and then come and get changed (Bedroom).</p>	
03	<p>R: Into your work uniform?</p> <p>P: Yeah, into my work stuff and then mong downstairs.</p> <p>R: So, you changed, and we are now going downstairs. So, do you have your clothes out? I suppose with a uniform you know exactly what you have to wear.</p> <p>P: Yeah, sometimes I'd put clothes out, and other times they would be in my cupboard.</p>	<ul style="list-style-type: none"> Bedroom noted to be tidy with items in place.
04	P: At this time (Living Room), I'd turn the Xbox on.	<ul style="list-style-type: none"> Participant has a high-end games console with multiple games stored above it.
05	R: Yeah, so what time is this?	<ul style="list-style-type: none"> Vegetables in a wooden crate on the worktop in Kitchen.

	<p>P: 08:00, I come in turn the Xbox on then turn the kettle on (Kitchen), make a cup of tea, feed the cats, once my tea has brewed take it in (Living Room) and then sit on the Xbox for 00.30 minutes before going to work.</p> <p>R: So, do you have breakfast, or do you not bother?</p> <p>P: No, I do not normally have breakfast.</p> <p>R: Is that a choice thing or more of a time issue?</p> <p>P: Probably a time, I could get up 30 minutes earlier but the effort it takes to do that, I cannot be bothered. I'd rather just not; a cuppa tea is usually fine.</p> <p>R: OK, would you eat at work then to compensate for not eating here?</p> <p>P: Usually I have quite an early lunch, anywhere between 11:00 to 12:30 depending on what session I have on that day; it is more a convenience thing than a set time.</p>	<ul style="list-style-type: none"> • Cat litter tray visible by rear patio door.
06	<p>R: OK, so when you are on the Xbox is that time for you to relax before the morning starts?</p> <p>P: Yeah so, I sit and drink a cuppa tea and play 1 or 2 games of FIFA or do a bit of trading. Roughly at about 08:30 to 08:45, I will then get in the van.</p>	<ul style="list-style-type: none"> • Participant shows that he sits on the middle seat of the sofa which is directly in front of the TV screen.
07	<p>R: So you leave home at 08:45?</p> <p>P: Leave here at 08:45, I generally try and get to work for 09:30.</p> <p>R: Is there a consequence for leaving later, do you hit any traffic?</p> <p>P: Not particularly, I have set my own start time at 09:30 to miss the traffic when I do need to go in for meetings and stuff the traffic is a lot worse. So if I need to get in the office for 09:00 I'd have to leave for like 07:45, it takes like an hour to get to work. Whereas when I leave at 08:45, I get to work for 09:20 ready for a 09:30 start.</p> <p>R: OK, so your knowledge of the roads informs you when to leave to get to work on time?</p> <p>P: Yeah, from just doing it many times.</p> <p>R: OK, do you have a packed lunch?</p> <p>P: Sometimes, when my wife makes it, I do sometimes make it myself when I'm making a cup of tea in the morning, that is hit and miss really.</p> <p>R: So can you buy food at work if you do not take lunch?</p> <p>P: Yeah.</p> <p>R: And I presume you have to buy it?</p> <p>P: Yeah, it would normally be going to Subway, Lidl.</p> <p>R: So you are quite close to shops?</p> <p>P: Yeah, we are quite close to loads of little stuff.</p> <p>R: So when you do make a packed lunch is that to save time at lunch or money?</p> <p>P: A bit of both so, it is cheaper taking a packed lunch, and it always taste better when my wife makes it, but there is always 2 days a week where I need a packed lunch as on</p>	<ul style="list-style-type: none"> • In Entrance Hall, lots of used sports shoes such as football boots, cricket trainers and running shoes.

	these days, I start at 10:00 and do not finish until 16:30, I do get a break, but it is not long enough to head out to a shop or something.	
08	<p>R: OK, so you leave at 16:30?</p> <p>P: It is different, on Mondays I do not finish until 19:00 and the rest of the week it is about 17:00.</p> <p>R: OK, we shall go with the 17:00 finish then; what time do you get back here for?</p> <p>P: It is usually about 18:00, it takes about an hour to get back.</p>	<ul style="list-style-type: none"> Shoe rack in Entrance Hall with shoes piled on.
09	<p>R: So, you walk through the door at 18:00, and then what is your process then? Do you take a bag to work?</p> <p>P: I come in and put my bag on that chair (Dining Room).</p> <p>R: What stuff would that have in it?</p> <p>P: Like work stuff, notepads and flyers and my lunch box and all that.</p> <p>R: Is that then ready on the day to take to work?</p> <p>P: Yeah, that bag, it probably is not the best place to put it, but it is generally where it goes so, I do not forget it.</p> <p>R: Because it is on your route?</p> <p>P: Yeah, it has got me into a little routine as it is there, which is quite good.</p> <p>R: So, is that packed on the day?</p> <p>P: It is usually packed anyway. Anything that needs to be put in is generally my lunch.</p> <p>R: So it has all the other stuff in it?</p> <p>P: Yeah, that other stuff does not really need to leave the bag.</p> <p>R: OK, so you have come in and it is 18:00; you then put your bag on the chair?</p> <p>P: Yeah, then I'd make a cuppa tea or cold drink, and then there is a discussion with my wife about tea (Living Room).</p>	<ul style="list-style-type: none"> Participant shows that he puts a bag over a chair that is nearest to the entrance to the Living Room. Participant uses the same cup to make tea that he did in the morning.
10	<p>R: OK.</p> <p>P: So if I am finishing later, then my wife would normally have made it. But before that, we usually have a 30 minute chat about our day, where we have a moan about each other's work.</p> <p>R: So, you get your issues of the day out?</p> <p>P: Yeah, we share our moans, so if I am feeling stressed when I come in it's because something has happened at work, I would tell her about it, and then we'd have a chat.</p> <p>R: OK, and this is important to you?</p> <p>P: Yeah, it is good to have a chat, we tend to get rid of our moans after work, and then you can sit and chill out.</p> <p>R: So, you do not talk about work after this point?</p> <p>P: Well, we try not to, so we can enjoy the evening.</p>	<ul style="list-style-type: none"> Gesture that they would sit and talk on the main three-seater sofa in the Living Room.

	<p>R: And this is to separate work and relaxation?</p> <p>P: Yeah.</p> <p>R: So, then the discussion about dinner, is that something that is pre-planned or is it less structured?</p> <p>P: So, for most of the time it is, what do you fancy? Let's have a look. Other times my wife gets some things out of the freezer to have that night and other times it lets just put something in the oven from the freezer as we cannot be bothered.</p> <p>R: And with the meals is that something that you enjoy doing?</p> <p>P: I do not particularly enjoy doing it by myself, but I am happy to cut and chop things, but my wife does most of the cooking.</p> <p>R: Do you tend to have similar meals each week or do you make a conscious effort to make something different?</p> <p>P: Yeah, we have our favourite meals; we generally buy similar stuff when we go food shopping.</p> <p>R: OK, so do you then have meals in mind?</p> <p>P: Yeah, my wife likes cooking with fresh ingredients when she can to make new meals, so if she sees something on TV or gets something out of a book, we will then try new stuff.</p> <p>R: Do you cook together?</p> <p>P: Yeah, we try to do. I just generally talk whilst my wife does the cooking.</p> <p>R: What time do you plan on eating for if you finished at 17:00?</p> <p>P: So I would be home for 18:00 so about 19:00.</p>	
11	<p>R: So, do you then eat in here (Living Room)?</p> <p>P: Yeah, most of the time we would sit in here and watch TV.</p> <p>R: And is that then about relaxing then at that point?</p> <p>P: Yeah that's when we try to relax.</p> <p>R: How long would you then sit here for? Do you go to wash the pots up straight away?</p> <p>P: No we are too lazy, the pots are generally left, we should get better at that really, but yeah, the pots are left until the next day. Buy yeah, we would eat get rid of the pots and then have a look to see what is on the TV, if there is not anything decent on then we see what we have recorded or what is on Netflix.</p> <p>R: So the evening is all about relaxing?</p> <p>P: Yeah.</p>	<ul style="list-style-type: none"> • Numerous DVDs on TV stand. • BT recording box as well as games console on TV stand.
12	<p>R: What is your night routine, do you shut all of the doors and go to bed together at a similar time or is one earlier than the other?</p> <p>P: Most nights we would go up together but say if Match of the Day is on or if I am on a FIFA tournament on the Xbox then I will stay up and do that.</p>	

	<p>R: And what time would go to bed in the week?</p> <p>P: On a school night around 22:00 maybe 23:00.</p> <p>R: And is it a case of locking up?</p> <p>P: Yeah shutting everything up, feed the cats.</p>	
13	<p>R: OK.</p> <p>P: Then we go upstairs to the Bathroom and then bed.</p>	<ul style="list-style-type: none"> • Towels on the towel rail, products on the window sill with mirror.
14	<p>P: Then we go upstairs to the Bathroom and then bed.</p>	<ul style="list-style-type: none"> • Lamps in the Bedroom that participant uses if late to bed.