

Drawing Number	Participant Number		
04	04		
Performed referenced action	Heard (Researcher / Participant dialogue)	Seen (Researcher observations)	
01	<p>R: So, we are in the Bedroom and what time would you wake up?</p> <p>P: On a weekday at about 07:00.</p> <p>R: And is that by an alarm?</p> <p>P: Yes.</p> <p>R: How many alarms do you have set?</p> <p>P: Just the one, but I keep on snoozing it.</p> <p>R: OK, have you ever been late for work because of over-snoozing your alarm?</p> <p>R: Not late, but I feel a bit stressed out in the mornings when I have snoozed the alarm.</p> <p>P: Do you ever compromise your morning routine?</p> <p>P: I would not do [empty] the dishwasher and other jobs that I do in the morning, I would save them and do it when I get back.</p> <p>R: Does this compromise you at all?</p> <p>P: Yeah, it is not something I like to do after work, as that is my time, and I just want to sit down and watch my telly with a coffee.</p>	<ul style="list-style-type: none"> Digital alarm clock on the participant's side (left) of the bed. 	
02	<p>R: And what time would you get out of bed?</p> <p>P: Certainly, no later than 07:15 that would be the latest and then I would go to the Bathroom.</p> <p>R: So, this would be about 07:20?</p> <p>P: Yeah.</p> <p>R: And what then, is the consequence of being later than that?</p> <p>P: Being late for work.</p> <p>R: OK, so you're in the Bathroom; how long do you spend in here for?</p> <p>P: Only 00.02 minutes.</p> <p>R: OK, so you are just using the loo?</p>	<ul style="list-style-type: none"> Participant closes the Bedroom door and proceeds to the Bathroom where they put the light on. 	
03	<p>P: Yeah, then I go downstairs to make a cup of coffee.</p> <p>R: OK, then let's go downstairs then. So you then put the lights on?</p> <p>P: Yeah, when I am down, put the lights on and make a cup of coffee, While I'm doing that, I would empty the dishwasher or put some bits and bobs away.</p>	<ul style="list-style-type: none"> Kitchen gadgets on the worktop, including a high-end coffee machine and cake mixer. Tea, coffee and sugar jars are located above the kettle, with cutlery draw underneath the kettle. 	

R: Is that because you did not have time to do these jobs the night before or because you did not want to do them?

P: Because I did not want to do them.

R: OK, and this is then?

P: About 07:25 and I would make 2 cups of coffee.

R: Do you have a packed lunch?

P: No.

R: So, you eat at work?

P: Yeah.

R: Is this something you would like to do, or do you enjoy the variety of choice at work?

Why do you not take a packed lunch to work?

P: To be honest, I do not eat that much at work, I would probably just grab some crisps and some yoghurt or muesli in a little pot and take that to work.

R: So, you do take food to work?

P: Yeah, just a little bit.

R: So, would you get that ready now or later?

P: Whilst the coffee is on.

R: Once you have got it ready, where do you put it?

P: Just on the worktop until I go.

R: And is that for you to remember it?

P: Yeah, remember it to go.

R: So you would walk past this spot again (Kitchen worktop) before you went to work?

P: Yes.

R: OK, so you have your 2 cups of coffee, do you have any cereal?

P: No.

R: Do you have any breakfast?

P: No.

R: OK, so do you have time for breakfast?

P: No.

R: Do you want to have time for breakfast?

P: I do not have time for breakfast, only at weekends.

R: Is that due to having more time at the weekend?

P: Probably, yeah.

R: So, when you have breakfast at the weekend, is it something that is cooked so something that take a long time?

P: No, Saturdays are still just cereal and toast, but Sunday might be a cooked breakfast or bacon sandwich.

04	<p>R: So, you have your two cups of coffee, and your pack-up is on the countertop, now, where do you go?</p> <p>P: Back upstairs.</p> <p>R: OK, so you carry your 2 cups through, and are you still in your pyjamas at this point?</p> <p>P: Yes, still in my pyjamas.</p> <p>R: So, what time is it now?</p> <p>P: We are back in the Bedroom, and it is probably 07:30 now.</p> <p>R: Do you get back into bed to drink your coffee?</p> <p>P: If it is 07:30 then probably not but if I have managed to wake up earlier then I might. But then I would get dressed.</p> <p>R: And do you have a set uniform?</p> <p>P: No.</p> <p>R: So, your own clothes then?</p> <p>P: Yeah.</p> <p>R: Is there a particular set of clothes that you wear for work?</p> <p>P: Yeah, I would wear black trousers and navy polo shirts and if it is cold then I would just wear my own jumpers.</p> <p>R: OK, and are these laid out the night before?</p> <p>P: No, I probably would have to get them from the wardrobe.</p> <p>R: And are they organised in particular way, or is it quite time consuming to try and find the right stuff for work?</p> <p>P: Yeah, it is quite time consuming.</p> <p>R: Is that to choose something that match or just trying to locate these items?</p> <p>P: Something that matches.</p> <p>R: So your image is important to you?</p> <p>P: Yeah.</p> <p>R: So how long would it take to pick an outfit, would you say?</p> <p>P: Only a couple of minutes I would say.</p> <p>R: And then you get dressed in here (Bedroom).</p> <p>P: Yeah.</p> <p>R: And at this point is it about 07:45?</p> <p>P: Yeah, it is getting on for that, yeah.</p>	<ul style="list-style-type: none"> • Wardrobe packed full of participants' clothes, which is mixed between home clothes and work clothes. • Clothes laid neatly on the participant's Bedroom floor by the wardrobe.
05	<p>R: So, what are your movements now that you are dressed and had a coffee?</p> <p>P: So, I am back in the Bathroom, had a wash, clean my teeth and use the loo again and then back into the Bedroom, put make-up on.</p>	

06	<p>P: So I am back in the Bathroom, I had a wash, clean my teeth and use the loo again and then back into the Bedroom, put make-up on.</p> <p>R: So that is all laid out?</p> <p>P: Yeah, so I pull this box down which has all my product in it and then back downstairs.</p>	<ul style="list-style-type: none"> Box seen to be located on shelves, box contained branded make-up and skin creams.
07	<p>R: Do you have a bag that you have to take to work?</p> <p>P: Yeah, the bag is downstairs.</p> <p>R: So where would that be?</p> <p>P: Sometimes it would just be my handbag which would just be in the Living Room other times if I work from home then my work bag would be in the Entrance Hall.</p> <p>R: So, what is the relevance for that bag being in the Entrance Hall?</p> <p>P: Just to be out of the way, so the Living Room loOKs tidy.</p> <p>R: So is it that the bag is a work thing and you do not want to mix the two together?</p> <p>P: Yeah for me it is separation.</p> <p>R: Does it also remind you to take it to work, being out there by the front door?</p> <p>P: Yes absolutely, basically so I know where it is for the next morning and I am not spending time loOKing for it.</p>	<ul style="list-style-type: none"> Door separating to areas between Entrance Hall and Living Room. Work bag is large and is in a suitcase style.
08	<p>R: So, in the Kitchen on the countertop you put your lunch as a visual cue to collect it and with your bag that stays in the Entrance Hall.</p> <p>P: Yes.</p> <p>R: What time would you go downstairs then?</p> <p>P: Probably about 07:55.</p> <p>R: Into the kitchen to collect your lunch?</p> <p>P: Yeah, so grab my handbag and put it in there, back into the Entrance Hall to grab my shoes and bag then off to work.</p>	<ul style="list-style-type: none"> Kitchen not on route from stairway to Entrance Hall.
09	<p>P: Yeah, so grab my handbag and put it in there, back into the Entrance Hall to grab my shoes and bag then off to work.</p> <p>R: What time would you leave then for work?</p> <p>P: 08:00.</p>	<ul style="list-style-type: none"> Entrance Hall has small stool for the participant and others to put their shoes on. Large collection of coats and jackets.
10	<p>R: What time would you come home?</p> <p>P: About 16:25.</p>	
11	<p>P: I would drop my bag and take my shoes off and then go into the Kitchen to put the kettle on and make two cups if my partner is in, take his cup up to him and come back down (Living Room) and then drink my drink and watch my program on the TV.</p>	
12	<p>P: I would drop my bag and take my shoes off and then go into the Kitchen to put the kettle on and make two cups if my partner is in, take his cup up to him and come back down (Living Room) and then drink my drink and watch my program on the TV.</p>	<ul style="list-style-type: none"> Shown how the participant would carry these cups through the Kitchen and Living Room without using a tray.

13	<p>P: I would drop my bag and take my shoes off and then go into the Kitchen to put the kettle on and make two cups if my partner is in, take his cup up to him and come back down (Living Room) and then drink my drink and watch my program on the TV.</p>	<ul style="list-style-type: none"> Participant shows area of sofa where they sit, this area also has an iPad and some magazines on arm of the sofa.
14	<p>P: I would drop my bag and take my shoes off and then go into the Kitchen to put the kettle on, make 2 cups if my partner is in, take his cup up to him and come back down (Living Room) and then drink my drink and watch my program on the TV.</p> <p>R: And how long would you watch TV for before coOKing dinner?</p> <p>P: Probably until my partner has finished work at about 18:00.</p> <p>R: And in that time are relaxing or are you still checking work e-mails?</p> <p>P: No, relaxing.</p> <p>R: So nothing to do with work.</p> <p>P: Nothing to do with work.</p> <p>R: And is this time for you to watch the TV that you want to watch, so your programmes so to speak?</p> <p>P: Yeah, I watch my TV now which my partner does not want to watch.</p> <p>R: So, it is an opportunity for you to watch TV.</p> <p>P: Yeah.</p> <p>R: So, you watch TV until about 18:00, what are your movements then, I presume you are still in your work clothes at this point?</p> <p>P: Yes, it could be one of two things, I could either get up and make the dinner or my partner would come down and make the dinner and I would carry on watching TV.</p>	<ul style="list-style-type: none"> Large teddy bear blanket on sofa, not neatly folded and signs of current use.
15	<p>R: OK, so say you are making the dinner tonight and it is 18:00, do you have any idea what you are going to make at this point, is this something that you would discuss prior?</p> <p>P: Sometimes we know what we are having, but other times it is a finger in the air job.</p> <p>R: So, is that difficult?</p> <p>P: Yes, it is difficult when I do not know what I am doing.</p> <p>R: Is that based on creativity or are you bored with meals or simply not sure what to do with the ingredients you have?</p> <p>P: Yeah, my partner is certainly better at making a meal out of nothing, but I am better with a recipe.</p> <p>R: Do you enjoy cooking?</p> <p>P: I would not say I enjoy it; it is not a hobby but if I am in the frame to cooking then I am happy to do it, but I could not just get up and do it unless I felt like I wanted to or needed to.</p> <p>R: OK, so maybe at the weekends is it more of a leisure activity.</p> <p>P: Yeah, so I would not bake when I come home from work.</p>	<ul style="list-style-type: none"> Inside Pantry, participant has a large display of baking books but very few cookery books. Pantry organised with mixing of sweet and savoury goods.

	<p>R: So after work, would you say you are quite tired or stressed from work?</p> <p>P: Yes.</p> <p>R: So food becomes less important?</p> <p>P: Yeah.</p> <p>R: Do you still appreciate a good cooked meal?</p> <p>P: Yeah, I need to eat as I do not eat much at work except from the bit of packed lunch that I do take. So I do need to eat when I get in, but that depends on timing as some evenings we go out (leisure activities).</p> <p>R: So, there is not a set meal?</p> <p>P: No, we do not have set meals.</p> <p>R: And sometimes is that frustrating when you are limited by time and you are not sure what you can do in that time?</p> <p>P: Yes, we have done in the past, where we have written a menu out for the week and gone shopping and bought the ingredients that we need, and it is a lot easier that way.</p> <p>R: Is there a reason for why that has not persisted?</p> <p>P: Not really no, it is again time we just tend to be so busy.</p> <p>R: So, when you go shopping do you know what you are buying for?</p> <p>P: No, we can often go shopping and not know what we need.</p> <p>R: So, you just buy what you like?</p> <p>P: Yeah, pretty much.</p> <p>R: OK, so then you have that frustration when you come to cook of not knowing what meals to make.</p> <p>P: Yeah, so if we sat down and think about it beforehand which we have done in the past, it is easier and if there is a problem in the week then we can just swap the meals around.</p> <p>R: OK.</p> <p>P: So, when we have all of the food and know what we are doing it is much easier.</p> <p>R: So, say you make your meal, what time do you eat your meal for?</p> <p>P: Usually it is between 18:00 and 18:30, it can be a bit later, but we aim to eat for 18:30.</p> <p>R: Say the latter then, in terms of the meal you go to is that just based on your knowledge or do you tend to look stuff up?</p> <p>P: A general weekday would be based on knowledge but if we were having people round then I would put more effort into it and cook from a recipe or cook something special.</p>	
16	<p>R: So, you have eaten your meal, does this happen in the Living Room?</p> <p>P: It does, yeah.</p> <p>R: Do you watch TV whilst eating?</p> <p>P: Yeah.</p> <p>R: Do you talk about your day?</p>	<ul style="list-style-type: none"> Participant shows how they would sit side by side on the sofa together.

	<p>P: Yeah, we talk over dinner during the news normally.</p> <p>R: Is that important?</p> <p>P: Absolutely.</p> <p>R: So you do not carry a problem over to the next day?</p> <p>P: No.</p> <p>R: And do you value you that intermate conversation?</p> <p>P: Yes.</p> <p>R: How long do you eat for?</p> <p>P: Probably 00.20 minutes to 00.30 minutes, but it depends on what we are eating.</p>	
17	<p>R: Would you put the pots away straight away?</p> <p>P: Yes, we would put them in the dishwasher.</p> <p>R: Do you put everything in the dishwasher?</p> <p>P: Yes, I do not like having dirty pots being left about, so if they can go in, they will go in.</p>	
18	<p>P: Then back into the Living Room and then it depends on what day of the week it is. So if it is a night where we are both in, I would probably watch it until about 21:30.</p> <p>R: And these are programmes that you both enjoy?</p> <p>P: Yeah.</p>	<ul style="list-style-type: none"> The participant has a Sky +HD box as well as an Apple TV box.
19	<p>R: OK.</p> <p>P: Then at 21:30 I would go upstairs.</p> <p>R: So, your partner would stay up for longer?</p> <p>P: Yeah, then that is his time, so he likes to watch the sport, whereas I do not. So he has his time later in the evening and I have my time earlier in the evening and then the bit in the middle is where we watch TV together.</p> <p>R: So, does he lock up?</p> <p>P: Yeah, he locks up and turns all of the lights off.</p> <p>R: So, what time do you go to bed then?</p> <p>P: I aim to go to bed at 21:30 to 22:00 at the latest.</p> <p>R: Is this to do with getting up for work the next day?</p> <p>P: Yes.</p> <p>R: So, what is your routine when you go to bed?</p> <p>P: So, I go upstairs at about 21:30 and get my pyjamas on.</p> <p>R: So, into the Bedroom?</p> <p>P: Yeah, into the Bedroom.</p> <p>R: Yeah.</p>	
20	<p>P: The into the Bathroom, use the toilet, clean my teeth, have a wash and take my</p>	

	make-up off and back into the Bedroom to go to bed.	
21	<p>P: The into the Bathroom, use the toilet, clean my teeth, have a wash and take me make-up off and back into the Bedroom to go to bed.</p> <p>R: Do you read before going to bed to help you relax?</p> <p>P: No, I usually go to sleep straight away.</p> <p>R: And is your alarm clock already set?</p> <p>P: It is all set; I just need to flick the switch up to turn it on.</p> <p>R: Have you ever not flicked the switch before?</p> <p>P: Yes.</p> <p>R: Has that ever been an issue?</p> <p>P: No thankfully, I tend just to wake up, the alarm is a safety blanket just in case I do not wake up.</p>	