Date ­­­­­­­­­­­­\_\_\_\_\_\_/\_\_\_­\_\_\_­­/­­­\_\_\_\_\_\_ Mon Tue Wed Thu Fri Sat Sun Date completed ­­­­­­\_\_\_\_\_\_\_\_\_­­­­­­\_\_\_\_\_\_

**Instructions: Please fill out this daily activity log each day. If you are unsure, please provide your best guess. *Do not list the names of any people.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Night | | | | | | Morning | | | | | | Afternoon | | | | | | Evening | | | | | |
|  | Mid- night | 1 am | 2 am | 3 am | 4 am | 5 am | 6 am | 7 am | 8 am | 9 am | 10 am | 11 am | 12 pm | 1 pm | 2 pm | 3 pm | 4 pm | 5 pm | 6 pm | 7 pm | 8 pm | 9 pm | 10 pm | 11 pm |
| # people in home |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| For Activities Enter Number of Minutes per Hour | | | | | | | | | | | | | | | | | | | | | | | | |
|  | Mid- night | 1 am | 2 am | 3 am | 4 am | 5 am | 6 am | 7 am | 8 am | 9 am | 10 am | 11 am | 12 pm | 1 pm | 2 pm | 3 pm | 4 pm | 5 pm | 6 pm | 7 pm | 8 pm | 9 pm | 10 pm | 11 pm |
| Cooktop - Frying |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cooktop - Other |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Main Oven Use |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Toaster Oven/ Electric Grill |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BBQ/Outdoor Grill |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ­ |  |  |  |  |  |
| Vacuuming |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Open window/ Door-to-Outside |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other Events – Minutes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other Events – Code\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **A**ir freshener | **F**ireplace | **P**ortable air cleaner |
| **C**andle | **H**umidifier | **S**moking |
| **D**ehumidifier | **I**ncense | **X** for bad outdoor air (e.g., wood smoke, wildfire) |

\*Other notable event codes:

(Please put the first letter of the word in the table)

For events not listed above, describe the event below and write the letter in the table:

**V:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **W:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Y:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Thank you for completing this daily activity log!**

The information you provided will help us interpret indoor air quality measurements being gathered from your home.

We greatly appreciate your time and effort in providing this data.

If you have questions or concerns, please contact one of the following people

Andrew Brooks, Field Team Lead

Association for Energy Affordability

510.431.1791 [abrooks@aea.us.org](mailto:bcsinger@lbl.gov)

Brett Singer, Research Project Lead

Lawrence Berkeley National Laboratory

510-486-4779 [bcsinger@lbl.gov](mailto:bcsinger@lbl.gov)