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ENERGIZE WELLNESS

THE WELLNESS HOME DECISION COMPANION

TITLE	A workbook for planning a home that supports the people in it
AUTHOR	Alik Konovalenko
EDITION	Digital edition 02 · screen-first · fillable
SHEETS	168

02

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Make the next decision a better one.

Begin with the household and its daily life. Then ask what the building, its systems and its care need to do. A convincing product story is only the start of that conversation.

01

Name the decision

Start with the next commitment, the room or the system it changes.

02

Connect the consequences

Bring together the people, interfaces, costs and information it depends on.

03

Keep a usable record

Leave a chosen direction, a reviewer and an evidence reference the team can find.

Use this at your design meeting, before a purchase, during a site review and at handover. Keep the records that explain why a choice was made.

Energize Wellness connects ten home-design pillars through Assess, Plan, Specify, Build and Verify. Every pillar can be revisited at every stage.

WHAT IS INSIDE

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CHAPTERS, EACH WITH A DECISION BRIEF	CHECKPOINTS WITH STATUS AND RECORD	ROUGH-IN AND LOS ANGELES REGISTER ITEMS	SELECTION PROMPTS IN 10 MENUS	WORKING TOOLS, SCHEDULES AND LEDGERS	SELECTED RESOURCES, LINKED

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Contents

Begin with the chapter that affects your next commitment, or with the register if the walls are about to close. Everything here is linked; the tabs at the page edge go to the same places.

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A WELLNESS HOME IN LOS ANGELES

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Continued on the next sheet: selections, working tools, schedules, ledgers, resources.

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The chapter order is a reading route. Your project program and responsible professionals determine the sequence of work.

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A mark is useful only when its meaning is clear.

Tick the box when you have reviewed the prompt. Cross one status box to show what happened next, and leave a record reference the team can find.

CODE	MEANING	WHAT TO LEAVE IN THE RECORD
☐ O	Open	A question that still needs an answer
☐ I	In review	Named reviewer and next date
☐ D	Deferred	Reason, consequence and date to revisit
☐ C	Closed	Agreed decision and evidence reference
☐ N	Not applicable	Why it does not apply to this project

EXAMPLE · A COMPLETED CHECKPOINT ROW

REV	ID	CHECKPOINT / ACTION / EVIDENCE / RECORD	STATUS
☒	EW01.06	**Certification scope** Check the complete model and relevant contaminant listing; distinguish certified performance from tested components or general brand claims. EVID. Current listing and exact configuration REF. EX-WATER-01 · T02 claim record · reviewed Mar 14	☐ O ☒ I ☐ D ☐ C ☐ N

Read it as: the prompt has been reviewed (box ticked), the decision is in review (I crossed), and the record line points to where the longer story lives. The longer record itself is kept in W01.

Closing a workbook item records your agreed process. It does not certify compliance, performance or completion of the physical work.

Keep the longer record in W01. Store drawings, reports and approvals in the project document system, then enter their reference beside the prompt. Reopen a closed item when the design, product or conditions change.

Digital and paper use

Save a working copy in a PDF reader that supports forms. Type a short test entry, save and reopen the file before using the book. Short fields hold references; use the reusable tools for longer notes and Return for a new line. EMAIL › beside an item code opens a ready-made email of that item for your team. In handwriting apps such as GoodNotes or Notability the typed fields are inactive, but every box is drawn on the page, so write by hand; the chapter tabs and links still work. Print at actual size if writing by hand. “About this edition” is on the last sheet.

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Move through the decision.

Use the five stages as a loop. A new finding can send a decision back for more work. Every chapter opener shows the stage where that chapter usually begins.

01 **ASSESS**
What do we know, and what is still assumed?

02 **PLAN**
Which people, spaces and systems must fit together?

03 **SPECIFY**
Which exact scope, model, assembly or requirement is intended?

04 **BUILD**
What must be coordinated and checked before it is hidden or fixed?

05 **VERIFY**
What was actually delivered, checked and handed over?

This educational workbook supports project conversations. It does not replace approved designs, contracts, required inspections, applicable codes or professional advice. The responsible professionals must determine the methods, dimensions and requirements for the actual project.

This workbook organizes household preferences, design questions and evidence. It makes no medical promise and does not certify a home.

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The build in order

The chapters follow the eleven pillars. The house is built in phases. This map says which chapters and register groups must be closed before each phase starts.

01 Household brief and site

CLOSES BEFORE DESIGN BEGINS

What the household needs, the site's conditions, the water source and the noise map.

CLOSE FIRST

- 03 Views and nature
- 11 Integration and continuing care
- LW Air, heat and water in this climate
- LQ Noise, ground and the neighborhood

02 Design and permits

CLOSES BEFORE PLAN CHECK SUBMISSION

Air, quiet, light and comfort are mostly decided in the drawings.

CLOSE FIRST

- 02 Air quality
- 05 Noise and acoustics
- 09 Climate and thermal comfort
- 10 Electric and natural light
- RA Air
- RN Noise and acoustics
- RL Light
- RT Thermal comfort and climate

03 Grading and foundations

CLOSES BEFORE THE FIRST POUR

Moisture control below the house.

CLOSE FIRST

- 07 Protection from moisture
- RM Materials and moisture

04 Framing and structure

CLOSES BEFORE ROUGH-INS BEGIN

Assemblies for the quiet rooms, services for the amenities, blocking for shades.

CLOSE FIRST

- 05 Noise and acoustics
- 08 Activity and recovery
- RN Noise and acoustics
- RR Movement, recovery and daily life

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WHERE THE PROJECT STANDS

Every status box you mark in the book appears here too, and a box ticked here marks the item. Tap a code to open its sheet.

		O	I	D	C	N
01 HOUSEHOLD WATER						
EW01.01	Water use priorities	☐	☐	☐	☐	☐
EW01.02	Actual water provider	☐	☐	☐	☐	☐
EW01.03	Property plumbing questions	☐	☐	☐	☐	☐
EW01.04	Sampling purpose	☐	☐	☐	☐	☐
EW01.05	Treatment claim	☐	☐	☐	☐	☐
EW01.06	Certification scope	☐	☐	☐	☐	☐
EW01.07	Whole-home versus tap	☐	☐	☐	☐	☐
EW01.08	Peak flow and pressure	☐	☐	☐	☐	☐
EW01.09	Hot water integration	☐	☐	☐	☐	☐
EW01.10	Drinking outlet connections	☐	☐	☐	☐	☐
EW01.11	Drainage and bypass	☐	☐	☐	☐	☐
EW01.12	Space and access	☐	☐	☐	☐	☐
EW01.13	Marketing versus result	☐	☐	☐	☐	☐
EW01.14	Installed verification	☐	☐	☐	☐	☐
EW01.15	Maintenance economics	☐	☐	☐	☐	☐
EW01.16	Owner water record	☐	☐	☐	☐	☐
02 AIR QUALITY						
EW02.01	Household activities	☐	☐	☐	☐	☐
EW02.02	Outdoor conditions	☐	☐	☐	☐	☐
EW02.03	Source control	☐	☐	☐	☐	☐
EW02.04	Ventilation system	☐	☐	☐	☐	☐
EW02.05	Local exhaust	☐	☐	☐	☐	☐
EW02.06	Particle filtration	☐	☐	☐	☐	☐
EW02.07	Gas and odor questions	☐	☐	☐	☐	☐
EW02.08	Portable cleaner location	☐	☐	☐	☐	☐
EW02.09	Ozone and active devices	☐	☐	☐	☐	☐
EW02.10	Clean construction	☐	☐	☐	☐	☐
EW02.11	Filter replacement access	☐	☐	☐	☐	☐
EW02.12	Ventilation and filtration balance	☐	☐	☐	☐	☐
EW02.13	Monitoring purpose	☐	☐	☐	☐	☐
EW02.14	Wildfire smoke operation	☐	☐	☐	☐	☐
EW02.15	Commissioning evidence	☐	☐	☐	☐	☐
EW02.16	Air service handover	☐	☐	☐	☐	☐
03 VIEWS AND NATURE						
EW03.01	Desired outdoor routine	☐	☐	☐	☐	☐
EW03.02	Views from daily positions	☐	☐	☐	☐	☐
EW03.03	Privacy boundaries	☐	☐	☐	☐	☐
EW03.04	Glare tradeoffs	☐	☐	☐	☐	☐
EW03.05	Year-round use	☐	☐	☐	☐	☐
EW03.06	Accessible outdoor route	☐	☐	☐	☐	☐
EW03.07	Quiet outdoor space	☐	☐	☐	☐	☐
EW03.08	Plant selection	☐	☐	☐	☐	☐
EW03.09	Water features	☐	☐	☐	☐	☐
EW03.10	Indoor planting	☐	☐	☐	☐	☐
EW03.11	Natural material choices	☐	☐	☐	☐	☐
EW03.12	Landscape lighting	☐	☐	☐	☐	☐
EW03.13	Nature from enclosed rooms	☐	☐	☐	☐	☐
EW03.14	Outdoor work and exercise	☐	☐	☐	☐	☐

		O	I	D	C	N
03 VIEWS AND NATURE (CONT.)						
EW03.15	Maintenance access	☐	☐	☐	☐	☐
EW03.16	Use review after move-in	☐	☐	☐	☐	☐
04 ELECTROMAGNETIC ENVIRONMENT						
EW04.01	Define the request	☐	☐	☐	☐	☐
EW04.02	Identify field type	☐	☐	☐	☐	☐
EW04.03	Wired work locations	☐	☐	☐	☐	☐
EW04.04	Communication habits	☐	☐	☐	☐	☐
EW04.05	Equipment placement	☐	☐	☐	☐	☐
EW04.06	Circuit investigation	☐	☐	☐	☐	☐
EW04.07	Baseline measurement	☐	☐	☐	☐	☐
EW04.08	Interpretation responsibility	☐	☐	☐	☐	☐
EW04.09	Paint suitability	☐	☐	☐	☐	☐
EW04.10	Magnetic field limitation	☐	☐	☐	☐	☐
EW04.11	Electrical safety of coatings	☐	☐	☐	☐	☐
EW04.12	Whole-room interfaces	☐	☐	☐	☐	☐
EW04.13	Communication consequences	☐	☐	☐	☐	☐
EW04.14	Before-and-after checks	☐	☐	☐	☐	☐
EW04.15	Future alterations	☐	☐	☐	☐	☐
EW04.16	Claims and preferences	☐	☐	☐	☐	☐
05 NOISE AND ACOUSTICS						
EW05.01	Quiet priorities	☐	☐	☐	☐	☐
EW05.02	Source map	☐	☐	☐	☐	☐
EW05.03	Room relationships	☐	☐	☐	☐	☐
EW05.04	Speech privacy	☐	☐	☐	☐	☐
EW05.05	Mechanical noise	☐	☐	☐	☐	☐
EW05.06	Plumbing sound	☐	☐	☐	☐	☐
EW05.07	Impact and vibration	☐	☐	☐	☐	☐
EW05.08	Door performance	☐	☐	☐	☐	☐
EW05.09	Glazing and openings	☐	☐	☐	☐	☐
EW05.10	Flanking paths	☐	☐	☐	☐	☐
EW05.11	Room reverberation	☐	☐	☐	☐	☐
EW05.12	Outdoor equipment	☐	☐	☐	☐	☐
EW05.13	Isolation details	☐	☐	☐	☐	☐
EW05.14	Construction changes	☐	☐	☐	☐	☐
EW05.15	Acoustic testing	☐	☐	☐	☐	☐
EW05.16	Owner operation	☐	☐	☐	☐	☐
06 SURFACES AND MATERIALS						
EW06.01	Material priorities	☐	☐	☐	☐	☐
EW06.02	Complete assembly	☐	☐	☐	☐	☐
EW06.03	Exact product identity	☐	☐	☐	☐	☐
EW06.04	Emissions evidence	☐	☐	☐	☐	☐
EW06.05	VOC terminology	☐	☐	☐	☐	☐
EW06.06	Ingredient disclosure	☐	☐	☐	☐	☐
EW06.07	Sensitivity concerns	☐	☐	☐	☐	☐
EW06.08	Sample testing	☐	☐	☐	☐	☐
EW06.09	Substitution review	☐	☐	☐	☐	☐
EW06.10	Storage conditions	☐	☐	☐	☐	☐
EW06.11	Installation environment	☐	☐	☐	☐	☐

O OPEN · I IN REVIEW · D DEFERRED · C CLOSED · N NOT APPLICABLE · CHECKPOINTS, REGISTER AND SELECTIONS

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CHAPTER

01

Household water

Which water use needs which result, and what evidence would make the proposed treatment worth owning?

16 CHECKPOINTS · 4 SHEETS

IN THIS CHAPTER

Decision brief 017
Checkpoints 01–04 018
Checkpoints 05–08 019
Checkpoints 09–12 020
Checkpoints 13–16 021

CLOSE BEFORE THE WALLS DO

RW RA RE RL

THE PROJECT IN THE PHOTOGRAPH

Chalon Road, Los Angeles

SEE THIS PROJECT ›

01 ASSESS | 02 PLAN | 03 SPECIFY | 04 BUILD | 05 VERIFY

ENTRY FOCUS: ASSESS. REVISIT EVERY STAGE AS NEEDED.

DISCUSS WITH OWNER, PLUMBING DESIGNER, AND QUALIFIED WATER SPECIALIST.

BEFORE TREATMENT EQUIPMENT AND PLUMBING ARE SELECTED.

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Before you commit

A THE COMMITMENT

Treatment location, pipe routing, drainage, power and replacement access become expensive to revise after the utility spaces and finishes are complete.

B KEEP THE EVIDENCE

Keep the source record, exact equipment schedule, applicable claim listing, approved plumbing arrangement and the startup checks actually commissioned.

C PAUSE AND RESOLVE

Pause the equipment release when the exact treatment claim, incoming conditions, complete configuration or local service responsibility remains unresolved.

Your next step

YOUR NEXT COMMITMENT / DATE NEEDED

WHO DECIDES / WHO REVIEWS / AFFECTED TRADES

UNRESOLVED ISSUE / NEXT ACTION / RECORD REFERENCE

OPEN THE CHECKPOINTS ›

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REV | ID | CHECKPOINT / ACTION / EVIDENCE / RECORD | STATUS

☐ EW01.01 EMAIL ›

Water use priorities

Separate drinking, cooking, bathing, laundry, irrigation and specialty equipment uses before deciding which need treatment.

EVID. Household use map and priorities

☐ O ☐ I ☐ D ☐ C ☐ N

NOTES

☐ EW01.02 EMAIL ›

Actual water provider

Identify the source serving the address and obtain the applicable current utility report or private supply information.

EVID. Source record and dated report

☐ O ☐ I ☐ D ☐ C ☐ N

NOTES

☐ EW01.03 EMAIL ›

Property plumbing questions

Ask whether the building's plumbing or stored water creates questions that utility reporting alone cannot answer.

EVID. Sampling questions and professional scope

☐ O ☐ I ☐ D ☐ C ☐ N

NOTES

☐ EW01.04 EMAIL ›

Sampling purpose

Define the concern, locations, conditions and laboratory method before ordering a broad testing package.

EVID. Written sampling plan and laboratory information

☐ O ☐ I ☐ D ☐ C ☐ N

NOTES

O OPEN · I IN REVIEW · D DEFERRED · C CLOSED · N NOT APPLICABLE · LONGER RECORD W01 · RESOURCES R22–R25 R33–R36

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Most of what makes a home quiet, clean and calm is installed before the drywall and never seen again: the duct, the return, the shielded cable, the drain, the blocking for the shade. These items name the moment each one is settled, who coordinates it and what to leave in the record. Mark N for the ones that do not apply; the aim is a decided house, not a maximal one.

CLOSES BEFORE PLUMBING ROUGH-IN · COORDINATED BY PLUMBING DESIGNER WITH THE WATER SPECIALIST

REV | ID | ITEM / WHY IT MATTERS / WHAT TO LEAVE IN THE RECORD | STAGE · STATUS

☐ RW.01 EMAIL ›

Space, drain and bypass for whole-house treatment

Even if treatment waits, reserve the wall, the floor drain, the power and the bypass valves now.

REC. Reserved space on the plumbing plan with dimensions.

ROUGH-IN

☐ O ☐ I ☐ D ☐ C ☐ N

NOTES

☐ RW.02 EMAIL ›

Dedicated drinking-water line and its filter access

A separate line to the kitchen tap, the fridge and any ice maker, with the filter where someone will actually change it.

REC. Line route and filter location on the plan.

ROUGH-IN

☐ O ☐ I ☐ D ☐ C ☐ N

NOTES

☐ RW.03 EMAIL ›

Manifold or home-run distribution

A manifold with labeled shut-offs isolates one fixture without draining the house; small home runs bring hot water faster.

REC. Manifold location and labeling scheme.

ROUGH-IN

☐ O ☐ I ☐ D ☐ C ☐ N

NOTES

☐ RW.04 EMAIL ›

Hot-water recirculation on a schedule, not always on

Recirculation saves waiting, but an all-day loop wastes energy and keeps pipes lukewarm. Decide the control strategy.

REC. Pump and control noted in the handover guide.

ROUGH-IN

☐ O ☐ I ☐ D ☐ C ☐ N

NOTES

O OPEN · I IN REVIEW · D DEFERRED · C CLOSED · N NOT APPLICABLE · STAGE = WHEN THE ITEM BECOMES COSTLY TO CHANGE · RECORD: W01

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CLOSES BEFORE PLUMBING ROUGH-IN · COORDINATED BY PLUMBING DESIGNER WITH THE WATER SPECIALIST

REV ID ITEM / WHY IT MATTERS / WHAT TO LEAVE IN THE RECORD STAGE · STATUS

☐ RW.05
EMAIL ›

Pipe material and the household's questions

DESIGN

Copper, PEX, stainless: each has supporters. Record the choice and the reason so it is not reopened at every trade meeting.

☐ O ☐ I ☐ D ☐ C ☐ N

REC. Material decision in W01 with the specialist's note.

NOTES

☐ RW.06
EMAIL ›

Bath and shower filtration provisions

ROUGH-IN

Point-of-use shower filters need a shower arm or trim that accepts them, or wall space for an inline unit.

☐ O ☐ I ☐ D ☐ C ☐ N

REC. Fixture cut sheets reviewed with the filter plan.

NOTES

☐ RW.07
EMAIL ›

Pressure, pressure-reducing valve and thermal expansion

ROUGH-IN

Hillside pressure swings wear out filters and fixtures. Record static pressure, set the PRV, add an expansion tank.

☐ O ☐ I ☐ D ☐ C ☐ N

REC. Measured pressure and PRV setting.

NOTES

☐ RW.08
EMAIL ›

Leak sensors and automatic shut-off

ROUGH-IN

A main shut-off on a leak monitor, and sensors at the water heater, the laundry and under sinks.

☐ O ☐ I ☐ D ☐ C ☐ N

REC. Device locations noted.

NOTES

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LW Air, heat and water in this climate

Los Angeles brings its own conditions to a healthy home: wildfire smoke, long dry heat, a hillside water supply, seismic design and the 2025 Energy Code. These items are questions to resolve with the responsible professionals; rules change, so each asks you to confirm the current requirement.

CLOSES BEFORE MECHANICAL DESIGN IS FIXED · COORDINATED BY MECHANICAL DESIGNER, ENERGY CONSULTANT, WATER SPECIALIST

REV | ID | ITEM / WHY IT MATTERS / WHAT TO LEAVE IN THE RECORD | STAGE · STATUS

☐ LW.01 EMAIL ›

Smoke season is part of the design brief

Decide how the house closes up on a smoke day: intake damper, filtration grade, recirculation mode and where portable units plug in.

REC. Smoke-day operating note in the handover guide.

DESIGN

☐ O ☐ I ☐ D ☐ C ☐ N

NOTES

☐ LW.02 EMAIL ›

Heat: shading, glazing and the west side

Long dry heat and west sun shape glazing, shading and the zoning of the mechanical system.

REC. Shading and glazing decisions on the plan.

DESIGN

☐ O ☐ I ☐ D ☐ C ☐ N

NOTES

☐ LW.03 EMAIL ›

The 2025 Energy Code and the ventilation it expects

From January 1, 2026, the 2025 Title 24 code applies: heat-pump baseline, balanced ventilation with filter access and intake location as design items, field verification by a rater.

REC. Title 24 forms and verification records.

DESIGN

☐ O ☐ I ☐ D ☐ C ☐ N

NOTES

O OPEN · I IN REVIEW · D DEFERRED · C CLOSED · N NOT APPLICABLE · STAGE = WHEN THE ITEM BECOMES COSTLY TO CHANGE · RECORD: W01

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S04 Measurements log

Every reading taken in the house, so that a future question has a baseline: water, air, field levels, sound, moisture.

DATE	LOCATION	MEASUREMENT	INSTRUMENT / BY	RESULT	NOTES

ONE ROW PER ITEM. KEEP THIS SHEET CURRENT; THE TRADES WORK FROM IT.

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Keep in touch

Every code below is also a link: tap it on screen, or scan it with a phone camera from the printed page.

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Talk through your project with Alik

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A QUICK QUESTION ON WHATSAPP

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About this edition

EDITION	The Wellness Home Decision Companion, Digital edition 02, built October 2026. Screen-first, fillable PDF, 168 sheets, US Letter.
READERS	Adobe Acrobat Reader (free, all platforms), Apple Preview and the Files app on Mac, iPhone and iPad, Chrome, Edge and Firefox, PDF Expert. Type in a field, tick a box, then save: your entries are stored in the file. There is no JavaScript, no locking and no expiry.
HANDWRITING APPS	In GoodNotes, Notability and similar apps the typed fields are switched off by the app, but every box is drawn on the page. Write by hand with a stylus; the bookmarks, chapter tabs and “Contents ›” links keep working.
WORKING METHOD	Before you start, save a copy named for the project (File › Save As or Duplicate) and keep the original clean. One copy per project. Short fields hold references; longer notes go in the working tools or in the project document system. Back the file up with the project records.
PRINTING	Designed for US Letter at 100%. On A4, choose “Fit to page”. Print single-sided for a working binder; the chapter tabs at the page edge are a printed index as well as links.
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