



Lean Metrics Analysis

Stage	Estimated Flow Time
Wake Up / Get Ready	15 mins (Wake up, get dressed, brush teeth)
Breakfast Prep/Eat	25 mins (Make coffee, make & eat breakfast)
Study Prep	10 mins (Get computer, open to CSD 380)
Start Work	90+ mins (Begin assignments)

Estimated Total Cycle Time: ~50 mins before actual work begins.

Optimizing the Routine

1. Eliminate Waste

- **Combine Steps:** Consider brushing teeth while the coffee brews, reducing transition downtime.
- **Pre-Position Tools:** Place your laptop and charger in a ready-to-go spot the night before. This eliminates time spent locating or setting up the device.
- **Pre-load Course Materials:** Keep CSD 380 open in a pinned tab or use a shortcut to launch resources instantly.
- **Prep Breakfast Items:** Batch-cook breakfast or prepare components (e.g., overnight oats or pre-cut fruit) the night before to cut breakfast prep by up to 10 minutes.

2. Workflow Orchestration

- **Parallel Actions:** Wake up → Start coffee machine → Brush teeth → Return to coffee done. These minor overlaps can save 5–7 minutes daily.
- **Flow Adjustments:** Reorder "Put on clothes" after brushing teeth and coffee prep. This supports quicker mental readiness and groups all personal hygiene tasks in one segment.

3. Sustain Focus

- **Block Distractions:** Once CSD 380 is open, use focus timers (like Pomodoro) to stay on task without revisiting idle steps like checking unrelated tabs or revisiting breakfast.