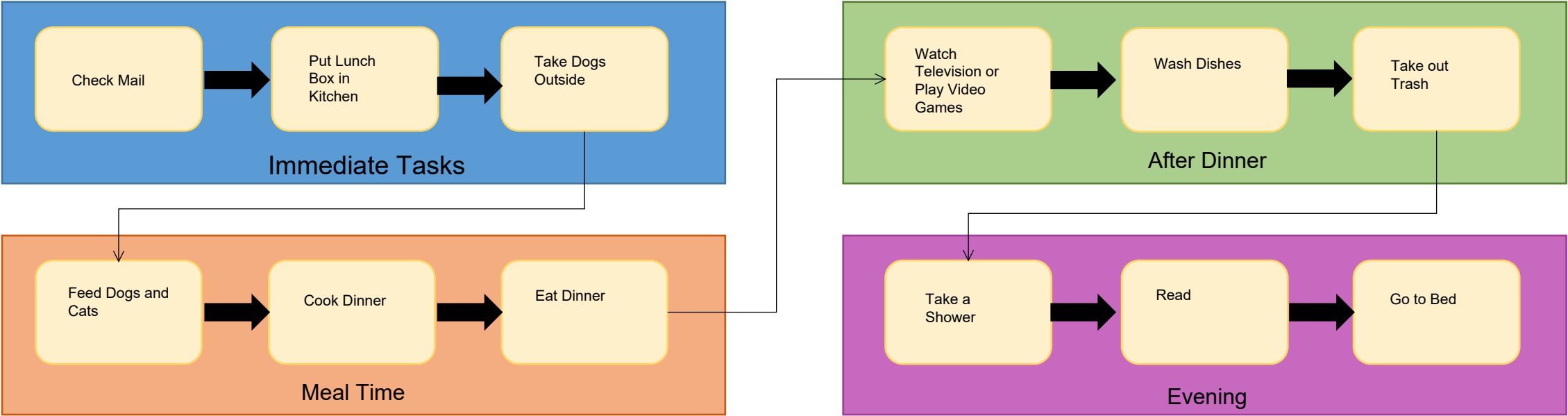


Value Stream Map: After Work Routine



Estimated Average Flow Time

Immediate Tasks	15 Minutes
Meal Time	90 Minutes
After Dinner	180 Minutes
Evening	120 Minutes

Estimated Cycle Time: 6hr, 45min

I could optimize my routine in the following ways:
Preparing meals ahead of time, to be re-heated
Watching TV or Playing Games for less time each night.
Getting auto-feeders for my animals