Value streams

My day-day routine in a week

Estimate average flow time

|  |  |
| --- | --- |
| Early morning | 30 mins |
| Gym | 120 mins |
| Breakfast/morning | 60 min |
| Work | 540 mins (9 hours) |
| Dinner | 60-120 minutes |
| Rest of day | 120-180 minutes |

Estimated cycle time 1050 minutes (17.5 hours)

Optimizations:

**Early morning**: I don’t need 30 minutes to get ready in the morning to go to the gym,. Realistically I can change my clothes, brush my teeth and hair and be out of the door in 10-15 minutes.

**Gym**: Could be optimized by watching how long I take in between sets and not go off of feeling. Should take closer to 90 minutes, but sometimes longer if no equipment is available.

**Breakfast/morning:** I could make the most of my time reading the text/news instead of consuming social media while waiting for food to be ready.

**Work:** Nothing to optimize here

**Dinner:** by not consuming social media**/**content I could save some time here

**Rest of day:** take less time to go from eating dinner and cleaning and go straight into homework.

A group of colorful rectangular objects

Description automatically generated with medium confidence

Image created in google slides