

| Lean Metrics Analysis | Estimated Average Flow Time |
|-----------------------------|-----------------------------|
| Transition/Setup Activities | 110 mins |
| Family Interaction | 70 mins |
| Kid's bedtime Routine | 60 mins |
| Personal Bedtime Routine | 60 mins |
| Total Cycle Time: | 5 hours |

Optimize My Processes

Eliminating Waste:

- I could already have my snack planned or set out, along with my change of clothes, so switching from school to work is quicker and less of a mental load.
- Unpredictable Downtime: Family dynamics, kids' moods/behavior can cause downtime. I can start my tasks with the kids a few minutes early to give myself a buffer when cooperation is low.
- I change my clothes after work by choice, but I could keep those clothes on and save time by getting to my school work sooner.

Workflow Orchestration:

- I could prepare the coffee earlier in the evening when I get my snack. The house is empty then so I could do that task without risking a distraction or interruption. That may prove to be more efficient.
- Sometimes I swap my downtime before bed with my school work so I can spend time with my wife before she falls asleep. Then I may go back to the school work once everyone is in bed. That is usually what I do on Fridays.
- I could move “change my clothes” to a time later in the evening, like when I’m back upstairs to fix the kids' tooth brushes.

Governance Models:

1. Dictating parts of the routine:

I choose when to start schoolwork

My wife dictates the timing of arrival home with the kids

We (wife and I) dictate dinner, homework or family activities, and bedtime.

2. Rules or expectations that shape the routine

Kids go to bed at 8:30

Dinner usually happens at the same time. 6:45-7

Family time happens once they arrive home

3. Roles of responsibility

Myself: schoolwork, coffee pot, brushing kids' teeth, bedtime routine

Kids: eating dinner, working on homework, brushing teeth, getting ready for bed

Spouse: Kids' arrival time, dinner timing, general parenting support/bedtime routine