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CSD 380 DevOps

A screenshot of a schedule

Description automatically generatedModule 5.2 Value Stream Mapping v personal routine

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| --- | --- |
| Beginning | 1h50m |
| Work/homework | 2-3h |
| Slack time | 20m – 1h |
| Travel/pickup | 50m |
|  |  |

Lean Metrics-

Total time- 6h

Analyzing the routine:

Primarily, the time period of my morning/early afternoon schedule does not change. The aim is to maximize my productivity in that time. I utilize the time my son is in school to do tasks that require heavy concentration. However, I am quite frustrated with fatigue in the morning causing me to return to bed before I’m able to think with a clear head. In addition, I also tend to ignore eating lunch, leaving me feeling poorly by 3pm/returning from school pickup.

To prevent skipping lunch, I could prep my lunch when I prep my son’s lunch, or I could return home and prepare it to keep my body in motion and prevent sleepiness. This would add barely any time to my early morning routine, increase the likelihood of eating, and give me more time to work, and more energy to sustain the day. However, the morning napping routine has been nearly constant for a year. The best solution to that problem lies outside this routine, going to sleep earlier. In the current state of routine, I am groggy until nearly 10am. Sleeping sooner at night could help me to feel less drowsy, thus more productive and more unlikely to stay up later to complete tasks or projects I need more quiet time for. Shifting my sleeping time and prepping my lunch would hopefully increase my focus time from 2-3 hours to 4-5 hours, given that I’m removing the sleep and extended break from the current routine.

The last optimization is related to seasonal scheduling. After the peak of Summer heat, I will likely be able to add back the hour of travel time for afternoon pickup. Given that school buses do not always have air conditioning, I sympathize with my child and pick him up. Nearer to mid or end of September, the weather won’t be as severe a factor, and that step can be replaced with a school bus.

Resources:

VSM tutorial : [ConnectAll](https://www.connectall.com/3-easy-steps-for-using-vsm-in-everyday-life/)

VSM generation : [Visual Paradigm](https://online.visual-paradigm.com/w/cvbcmyoz/drive/#proj=0&dashboard)