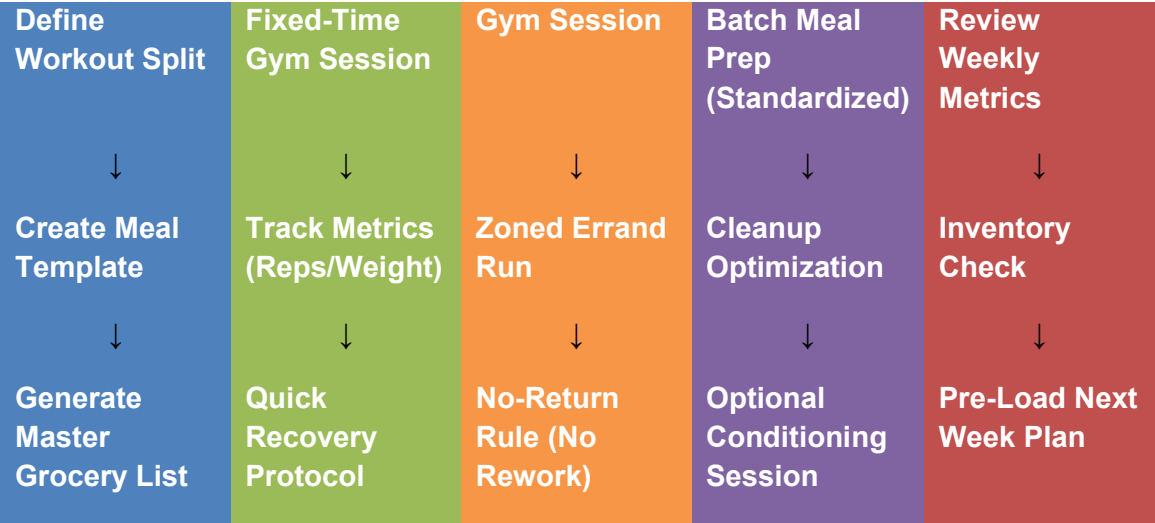**James Brown III**
Module 5.2 Assignment

Weekly Health & Performance Value Stream Map

Purpose: Visualize weekly fitness, meal prep, and errand flow to identify waste and optimize execution.

Define Workout Split	Fixed-Time Gym Session	Gym Session	Batch Meal Prep (Standardized)	Review Weekly Metrics
↓	↓	↓	↓	↓
Create Meal Template	Track Metrics (Reps/Weight)	Zoned Errand Run	Cleanup Optimization	Inventory Check
↓	↓	↓	↓	↓
Generate Master Grocery List	Quick Recovery Protocol	No-Return Rule (No Rework)	Optional Conditioning Session	Pre-Load Next Week Plan

Lean Metrics – Current State

Total Weekly Lead Time	~16 hours
Value-Added Time	~12.5 hours
Estimated Waste	~3.5 hours (travel, rework, decision lag)
Primary Bottleneck	Errand Duplication + Planning Drift
Future-State Target	≤13 hrs total weekly flow

Optimization Strategy:

• Standardize meal rotation to eliminate decision waste.

• Implement geographic batching for errands.

• Lock gym sessions into fixed calendar blocks.

• Weekly audit ritual every Sunday (metrics + inventory).

References:

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