Miqueas Herrera
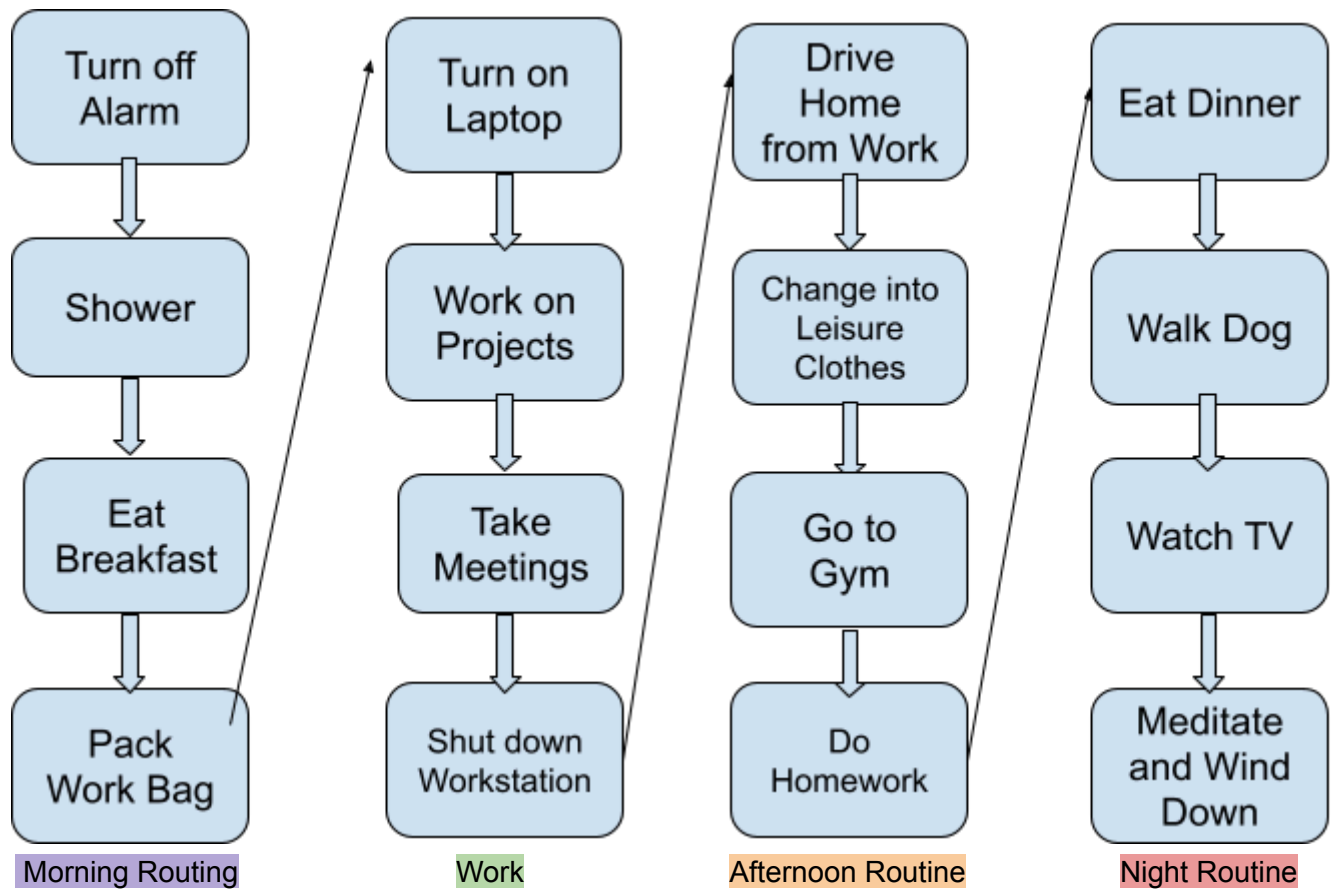CSD380-M320 DevOps (2255-DD)
Professor John Woods
4/20/25

Module 5 VSM Assignment

Daily Routine Value Stream Map

Analyzing Lean Metrics

Estimated Average Flow Time

Morning Routine	45 Mins
Work	480 Mins
Afternoon Routine	200 Mins
Night Routine	90 Mins
Cycle Time	13.6 Hours

Opportunities for Optimization

Using Lean principles, here are identified wastes and potential improvements:

Eliminate Non-Value Activities:
- Remove or reduce TV watching at night to regain up to 60 minutes.

Batching & Parallel Processing:
- Prepare meals in bulk (batch cooking) and portion them out to eliminate daily prep.
- Combine walking pets with another task or automate feeding schedules if possible.

Streamline Routine:
- Use a fogless mirror and combine showering, shaving, and brushing teeth into a more efficient flow.

Improve Process Visibility:
- Incorporate reminders or alarms on phone to make sure I am on track of routine

By analyzing the routine through a Value Stream Map, I discovered how daily tasks add up to over thirteen hours of preparation and daily tasks. Applying Lean methods such as waste elimination, task batching, and flow improvements could reduce this by 1–1.5 hours, freeing up valuable time for personal or professional growth each day.

References:

"3 Easy Steps for Using VSM in Everyday Life." Lean Enterprise Institute.

Womack, J.P. & Jones, D.T. (1996). Lean Thinking: Banish Waste and Create Wealth in Your Corporation.