

Flow Time

Total structured productivity time (excluding work):
~19.5 hours per week

Identified Waste (Lean Thinking)

- Post-work fatigue reducing focus
 - Phone distractions between transitions
 - Decision fatigue (what to study next?)
 - Reading late when tired
 - Small delays between work → gym → study
- These are forms of:
- Waiting
 - Context switching
 - Overprocessing
 - Energy mismanagement

Optimization Plan

- 1 Pre-Plan Study Topics Monday**
Removes daily decision fatigue.
- 2 Read Immediately After Gym**
Higher focus vs. late night.
- 3 90-Min Deep Work Blocks**
Reduces task switching.
- 4 Sunday Meal Prep (Optional Add)**
Reduces weekday stress + time waste.

| Category | Total Time |
|-----------------|----------------|
| Work | 60 hours |
| Study | est. 8-9 hours |
| Gym | 4 hours |
| Reading | 5 hours |
| Estimated Waste | 8 hours |

This value stream map represents my weekly workflow balancing full-time employment (5am-3pm), physical training, academic study, and daily reading goals. The purpose of mapping this process was to analyze how time flows across the week and identify inefficiencies.

After reviewing the weekly structure, I identified approximately 19.5 hours of structured productivity outside of work, with nearly 3 hours of waste primarily caused by fatigue, context switching, and transition time between activities. The highest inefficiencies occur on Monday and Wednesday when mental energy is lowest after extended work hours.

By implementing structured planning on Mondays, batching study tasks, and repositioning reading sessions earlier in the evening, I estimate reducing weekly waste by approximately 50%. This exercise demonstrates how value stream mapping can be applied to personal productivity and time management, not just manufacturing or enterprise systems.

