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Problem Definition Worksheet

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MBC-638

Please let me know if this project idea is not in the scope of this assignment.

1. Problem Statement:
   The problem that I am encountering in my day-to-day life which would be perfect for decision and data tracking would be that of consuming the correct amount of water or fluid intake. The pains that I currently see are a lack of focus, headaches, dizziness, and some general body discomfort. I have also noticed based on doctor's visit and blood tests that drinking more water could give me a better overall health checkup. This leads me to believe that by boosting my fluid intake I could have the potential to boost my overall body health. The best evidence for noticing a general lack of fluid intake could be the symptoms listed above and my blood tests proving some level of dehydration.

2. Business Impact:
   When considering the business impact and why we should fix this problem. The main driving force should be physical health but that also comes with a layer of expenses if we are unable to maintain that health. The primary reason for consuming more fluids should be to improve physical health and decrease our related expenses for not continuing a healthy lifestyle. The estimated benefits to making this change will be a reduction in health-related expenses and a healthier lifestyle. The only way that I could calculate a monetary value on this problem is to consider what one spends on remedies to fix ailments caused by dehydration, what one will spend to remain and get hydrated and what one will spend on doctors, urgent care, or surgery because of improper body care. I would on the soft side place the estimated problem cost yearly around $10,000 due to high medical costs and care. The best way to measure success would be to see a decline in medical costs and spending on products to cure improper fluid consumption.

3. Goals:
   The improvements and objectives I would like to achieve over the duration of this project are to improve my daily fluid consumption and improve body health and performance. I plan to target this daily fluid consumption by tracking my intake and trying to reach the recommended daily minimum of 13 cups or 104 ounces. I currently place my intake at 5 cups of fluids daily, I am setting my target at 10 cups of fluids daily. I am inclined to set my goal at 13 cups daily, but I feel as if that may be a little unreachable.

4. Project Scope:
   When considering the scope of this project and the boundaries it may entail, I don't see myself as having many blockers other than maybe inconsistent data from day to day. Some days I may be more or less active and that may have an overall impact on the amount of water consumed which could lead to a wide range of information. The first step of this project is to check, verify and purchase a water bottle that can contain numeric readings so I can track my fluid levels. We have to start there since that is the underlying ideology behind the project. The last step of the project is to gather all my data and make a sound reasoning on how much my fluid intake increased and how healthy I feel overall. The things that could not be in my scope are events in which fluid could not be accessed if I happen to run out. This could be anything from being in a meeting, walking to work, driving to work or in some places that don't have fluid available.

5. Team:
   The process owner or champion of this project will be myself. I am the one in the biggest need of increasing my fluid intake and I see this project as a good fit to increase my fluid intake. I will rely heavily on the help of my fiancé and my family to keep me in check in regard to recording and making sure I accurately stay on track with my water intake. I also plan to set daily reminders to encourage fluid intake and take this project seriously. I lastly plan to consult with my doctor or dietitian to help me understand the results of my intake and compare a blood test to see what has improved and the benefits behind it.

6. Project Plan (Very High Level) DMAIC

   Define – 1 Week (4/8)

   - Problem Definition (In-Progress)
   - Objectives
   - Scope

   Measure – 3 Weeks (4/15 – 5/3)

   - Collect Data
   - Data Analysis
   - Metrics

   Analyze – 2 Weeks (5/6 – 5/17)

   - Hypothesis Testing
   - Data Validation
   - Data Visualization

   Improve – 2 Weeks (5/20 – 5/31)

   - Implementation
   - Testing
   - Monitoring and Adjusting

Control – 1 Week (6/1 – 6/7)

- Documentation
- Identity Lesson Learned

7. Process Map