**Business Process Improvement Project**

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Idea – Improve Health Condition

**A) Problem Statement:**

Since I have joined the online master program, my health condition is going down. I do not have time to do exercise like before. My weight keeps going up within the past three months. My blood pressure goes up as well. I get tired easily and anxious all the time. Those are the signals indicating that I need to pay attention on my health.

**B) Business Impact:** If I get sick or have any disease, it will require me to take sick leave and spend time on hospital or at home which cost time and money. However, if I keep myself in healthy condition in both mentally and physically, I can save time to go to a doctor and save the payment on medicines for any sickness which worth at least $300 per day. Furthermore, I can reduce my blood pressure and decrease the risk of chronic diseases such as heart disease, cancer or diabetes. To measure the success of the improvement project, I am going to measure my daily walking distance as my key output (y).

**C) Goals:** Walking 7000 steps per day almost equals to walking 3 miles a day. The goal is to walk at least 3 miles per day.

**D) Project Scope:** The project scope will cover Monday through Friday from 7 am to midnight in July and August. The process starts from leaving at home to arriving at home.

**E) Team:** I will be the project owner who takes fully control on the change of processes and measurement of output

**F) Project plan:** (veryhigh-level):

DEFINE will be completed on July 15th.

MEASURE is going to take 4 weeks. It will start from July 15th to August 9th.

ANALYZE will be finished within three days. The target date is on August 14th.

IMPROVE is targeted to be finished on August 28th.

August 30th will be the last day to finish CONTROL.

**G) Process Map**: The weekday daily routine process Map is as below:

