A diagram of a work schedule

Description automatically generated with medium confidence

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| Analyzing Lean Metrics | Estimated Average Flow Time |
| Morning | 60 min. |
| Work | 540 min. |
| Evening | 150 min. |
| Next Day Prep | 60 min. |
| Night | 30 min. |

Estimated Cycle Time: 14 Hrs  
  
Eliminating Waste – I could eliminate about 10 minutes a night if I clean up the kitchen while I am cooking. I could also implement doing a chore while also waiting for items to cook in the oven.

Workflow Orchestration – I could move my workout during my morning to move some of the long evening time into a morning and might start my day off on the right track. Making my bed could also be done while doing a chore or two during the Next Day Prep portion of my day.

Governance Models – Vulnerability assessment (my husband) states that I’m failing to complete a complete set of chores due to lack of structure. I have been advised to restructure to include a set list of daily chores instead of 1 a day.