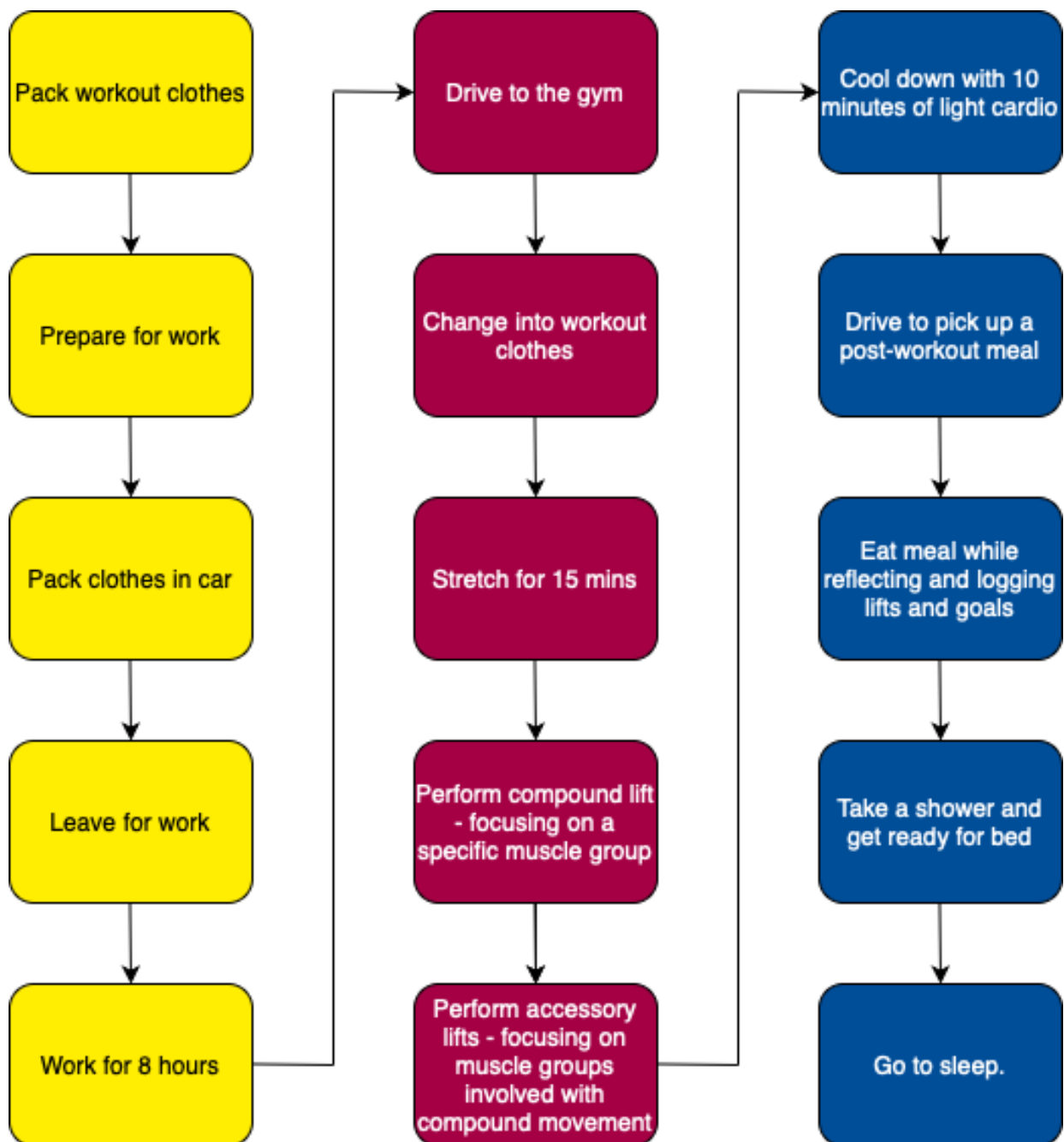


Module 5.2 Assignment - Value Stream Mapping

My Workout Days



Estimated Flow Time

Preparation Time	25 Minutes
Workout	120 Minutes
Post Workout Meal (Drive + Eat)	25 Minutes
Post Workout Routine (Shower + Other Prep)	30 Minutes

Estimated Cycle Time: 3.20 hours

Optimizing Preparation Time:

Eliminating Waste

- Packing clothes the night before would save ~ 5 minutes
- Logging lifts during rest periods removes a step ~ 5-10 minutes
- Meal prepping in advance removes the need to drive for food ~ 10-15 minutes

Workflow Orchestration

- Use fitness apps to track workouts and create lifting plans.

Governance Models

- Fixed schedule to build habit and reduce variability.
- Using a fitness app to track workouts helps ensure accountability.

Sources:

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