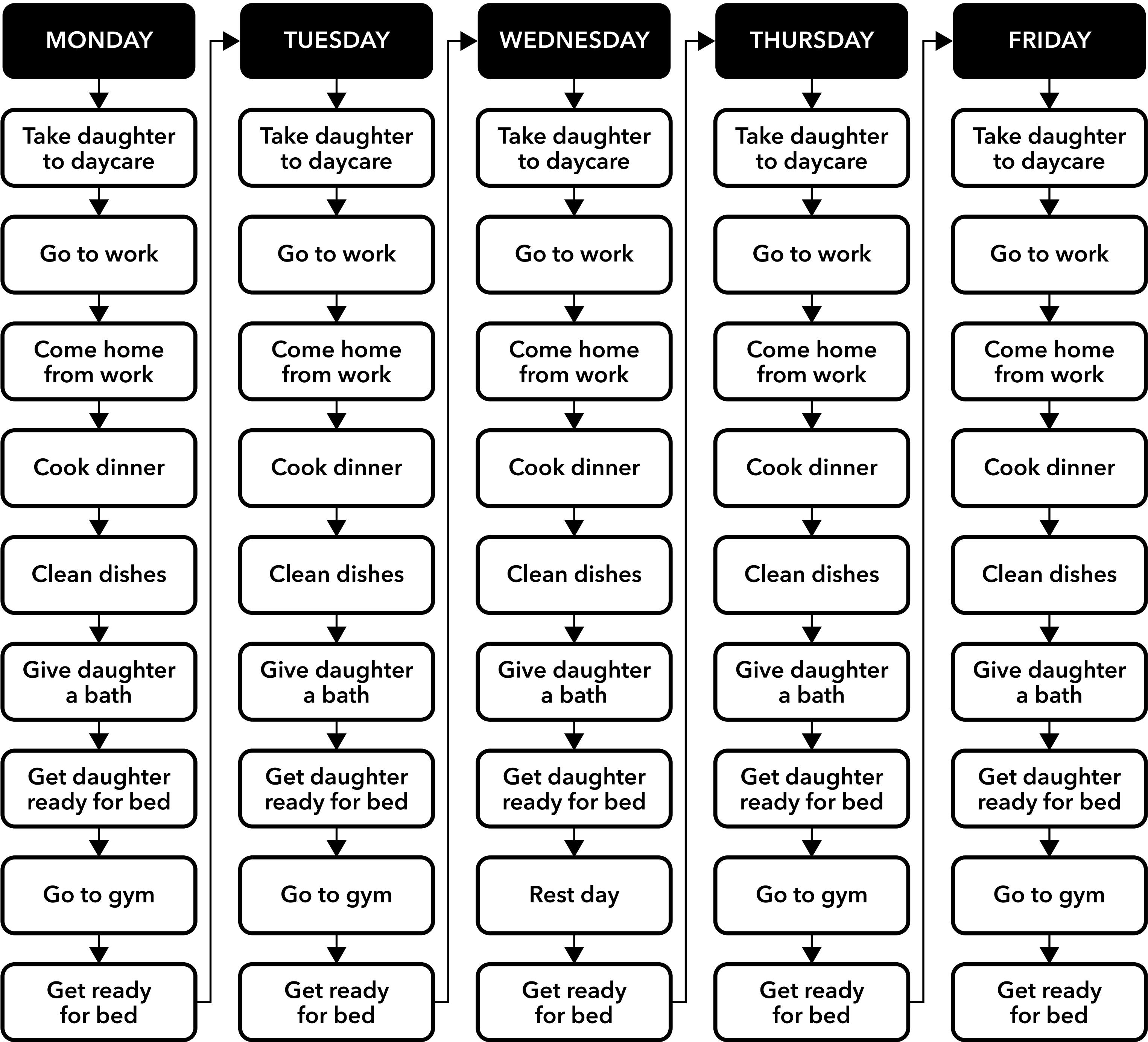


Weekly Schedule (Abridged)



ANALYZING LEAN METRICS

ESTIMATED AVERAGE FLOW TIME

Monday	16 hours
Tuesday	16 hours
Wednesday	16 hours
Thursday	16 hours
Friday	16 hours

ESTIMATED CYCLE TIME: 80 HRS

Optimizing Weekly Routine:

I balance full-time work, full-time school, and being a husband and father full-time while also keeping disciplined daily nutrition and going to the gym four times a week. I basically have no downtime from when I wake up to when I go to sleep. I’ve worked hard to eliminate as much “dead space” from my weekly schedule as possible. If I were to try to optimize my week or trim any additional fat, I could potentially shave a few minutes off my morning routine by brushing my teeth in the shower.