Return Home

Travel/Shopping

Planning

|  |  |
| --- | --- |
| **Metric** | **Average time per stage** |
| Planning: | 20 mins |
| Travel: | 30 mins round trip |
| Shopping: | 45 mins |
| Return Home: | 15 mins |

Estimated Cycle Time: 1hr 50min

**Eliminating Waste** – I can eliminate the ~8 minutes I usually spend circling the parking lot by shopping earlier in the day when spaces are more available. Switching from paper to a mobile grocery list app could save ~4 minutes spent trying to read messy handwriting or remembering missed items.

**Workflow Orchestration** – If I combine “Browse Coupons” and “List Planning” into a single app session the night before, I can streamline the prep work and enter the store more focused. I can also explore shifting “Meal Planning” to Sunday night instead of the same day as shopping, which separates the decision-making from the execution. Grouping similar item zones (like produce and frozen foods) can improve flow through the store by reducing backtracking and missed aisles.

**Governance Models** - A shared list between household members should have edit-lock rules on shopping day to prevent last-minute changes that cause confusion. Finally, I may need to create a “no impulse buys” guideline to help manage budget consistency and avoid unnecessary delays.