



Analyzing Lean Metrics

Estimated Flow Time

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| Morning | 25 mins |
| Breakfast | 30 mins |
| Workday | 10 hours |
| Evening activity | 75 mins |
| End of Day | 90 mins |

Optimization Suggestions

- Eliminate decision fatigue: Skip “look at options” during breakfast to save time and reduce mental load.
- Parallel processing: Combine homework and social time by chatting with friends while studying.
- Automate gym prep: Use a preset workout plan to avoid time spent searching.
- Batch tasks: Prep breakfast the night before or in bulk to reduce morning friction.
- Reduce social media time: Set a timer to avoid over-scrolling before leaving home.