



Analyzing Lean Metrics	Estimated Flow Time
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.