



Analyzing lean metrics

Estimated Average Flow Time

Afternoon	15 mins
Dinner	90
Clean Up	30 mins
Unwind	140 mins
Get Ready for Bed	25 mins

Estimated Cycle Time: 5 hrs

Eliminating Waste - I can eliminate wasted time by moving groceries Moe Ethan one time; for example, when I get home and need to put the peppers and tomatoes away, but later in the prepping ingredients phase and need the tomatoes, I do not need to put the tomatoes away, just the onions, eliminating the time required to get the tomatoes back out. I also have a highly capable washing machine and probably do not need to take time to rinse the dishes first and just put them straight into the washing machine.

Workflow Orchestration - I can also scroll on social media as the TV is on; I do not need to give my full attention to any show I am watching or any post I see on social media. Likewise, I can prep and cut the veggies at the same time as cooking the meal; I don't really need to chop the tomato before I start to boil the water for the noodles.

Governance - just like the example provided, I, too, would probably want some system for securing the house when I leave to take the trash out. Or maybe I could advise a plan to reduce the waste created in the first place, so I do not need to make daily trips to the outside trash can; this not only would minimize time but put of would also allow me to change my workflow as well as create a system for me in which I decide waste and give my self more time for something else such as more time sleeping or more time watching tv, or even more time cooking to elevate my meals.