Mon Tues Wed Thurs Fri

Prayer and Meditation

Prayer and Meditation

Prayer and Meditation

Prayer and Meditation

Prayer and Meditation

Hygiene

Gym

Gym

Hygiene

Gym

Eat

Hygiene

Hygiene

Eat

Hygiene

Entertainment

Work

Work

Work

Eat

Eat

Eat

Cook

Pool (if applicable)

Homework

Sleep

Homework

Sleep

Dine Out

Farmers Market

Sleep

Sleep

Homework

Sleep

Analyzing Lean Metrics

Estimated Average Time Flow

|  |  |
| --- | --- |
| Early Morning | 120 minutes |
| Hygiene | 90 minutes |
| Work | 510 minutes (8.5 hours) |
| Additional Task | 210 minutes |
| Entertainment | 150 minutes |

Estimated Cycle Time: 18hrs

AveragFlow==============

**Optimizing My Cycle:**

**Eliminating Waste:** I can eliminate 5-10 minutes from my mornings by driving to the gym instead of walking. I can also consider doing supersets at the gym. That way, I will receive the same workout in less time.

**Workflow Orchestration**: If I had a larger dinner the night prior, I could have a protein shake and apple while on the way to the gym. This will move “Eating” before working out and open more space for another task.

**Governance Models:** I am outside for many of the tasks. To ensure I am safe, I can share my location with two trusted friends and also set up my speed dial in case of emergencies.