

Modelling Stocks & Flows

(1) OXYGEN IN THE LUNGS

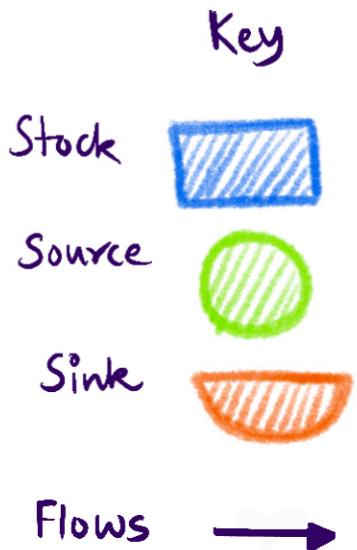
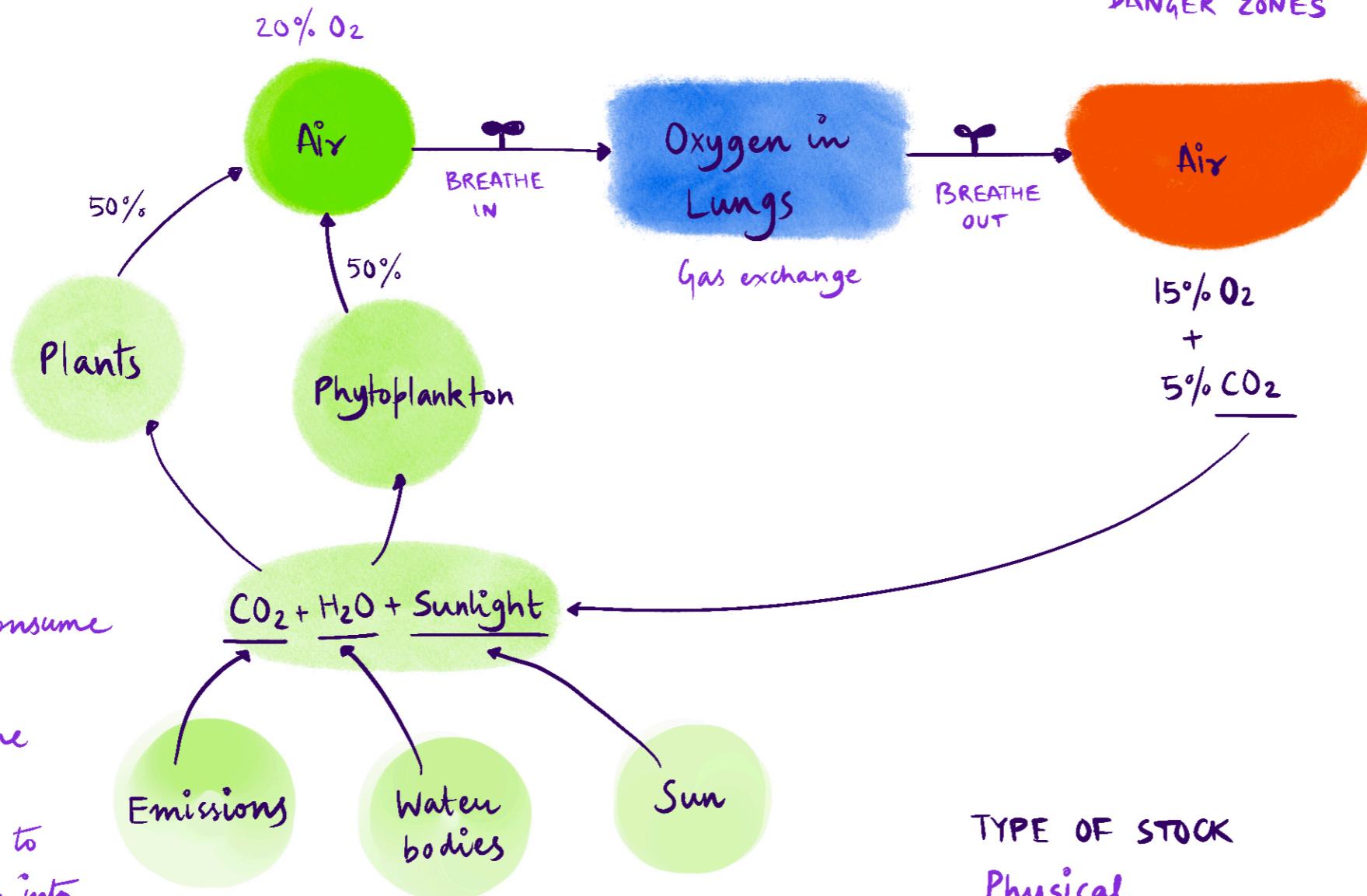
AVERAGE VOLUME = 65% by weight

RANGE OF VOLUME = 57 - 72% by weight

LIKELY FLOW RATE = 550 litres/day

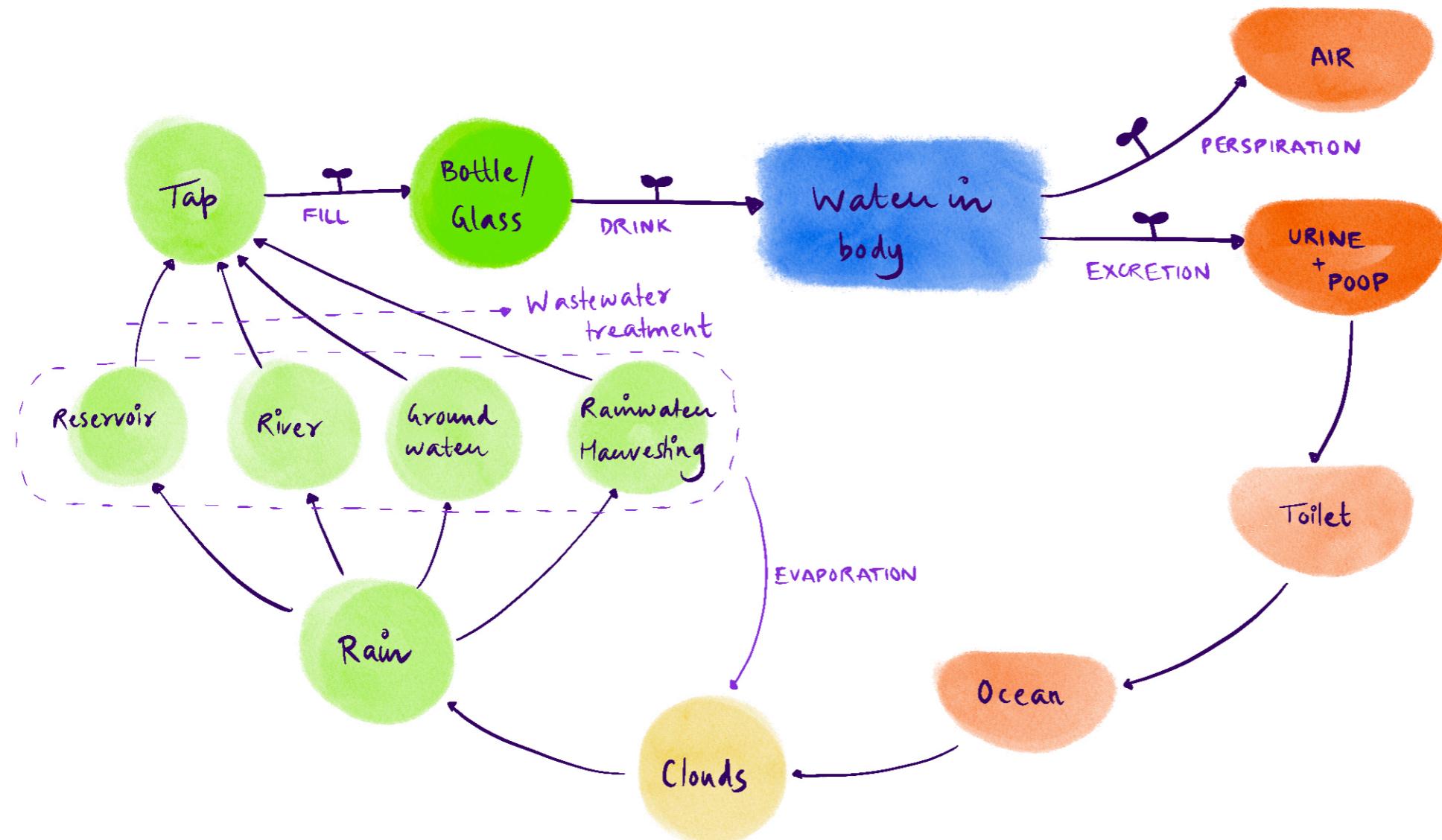
DANGER ZONES < 300 litres/day

> 700 litres/day



Modelling Stocks & Flows

(2) WATER IN THE BODY



The source and sink chains meet and are an unending circular chain.

TYPE OF STOCK
Physical

- Key
- Stock
 - Source
 - Sink
 - Flows

AVERAGE VOLUME = 70% by weight
RANGE OF VOLUME = 50% - 75%
by weight

DANGER ZONE

< 45% or more than 75%

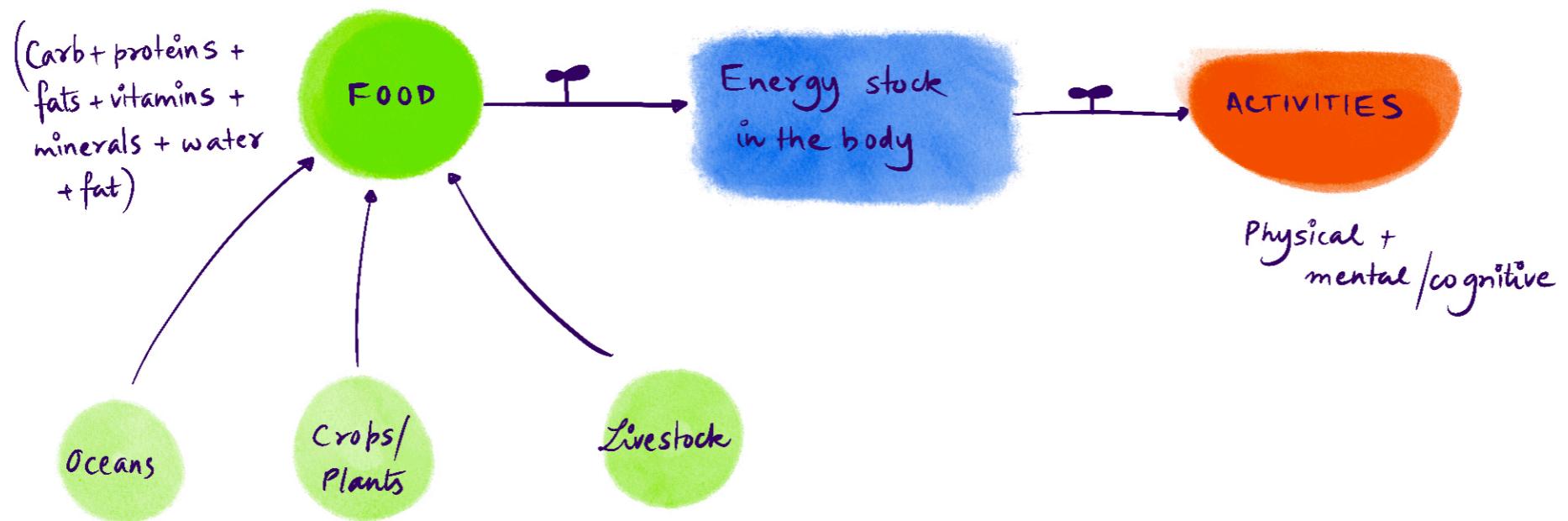
FLOW RATE =

2L/day (in)

0.8 - 2L/day (out)

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(3) ENERGY STOCK IN THE HUMAN BODY



DANGER ZONES

- Low energy can lead to cognitive blur along with physical weakness.
- Too much energy can lead to heart failure.

Key

Stock	
Source	
Sink	
Flows	

AVERAGE VOLUME = 81,500 Cal in the human body

RANGE OF VOLUME = < 65,000 Cal - malnourished
 > 210,000 cal - obese

FLOW RATE = 2,000 cal/day → depends on physical activity
 (1500 cal/day & 2,500 cal/day)
 (FEMALES) (MALES)

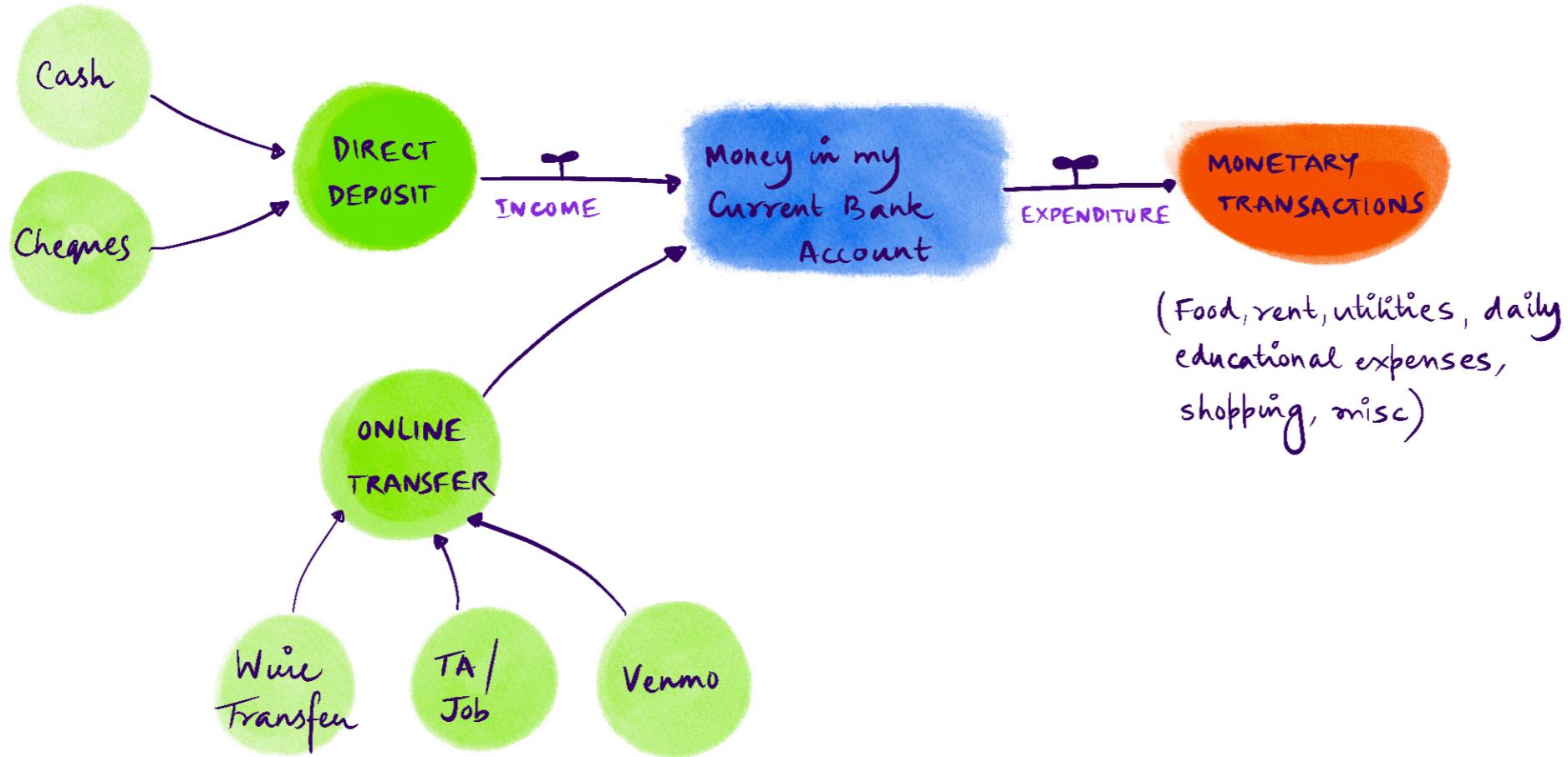
TYPE OF STOCK
 Physical

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(4) MONEY IN MY CURRENT BANK ACCOUNT

AVERAGE VOLUME = \$ 5000

RANGE OF VOLUME = \$1000 - \$10,000



DANGER ZONES

< \$0

There is no upper limit

FLOW RATE (LIKELY) = \$ 1500 - \$ 2000 per month

TYPE OF STOCK

Economic

Key

Stock



Source



Sink

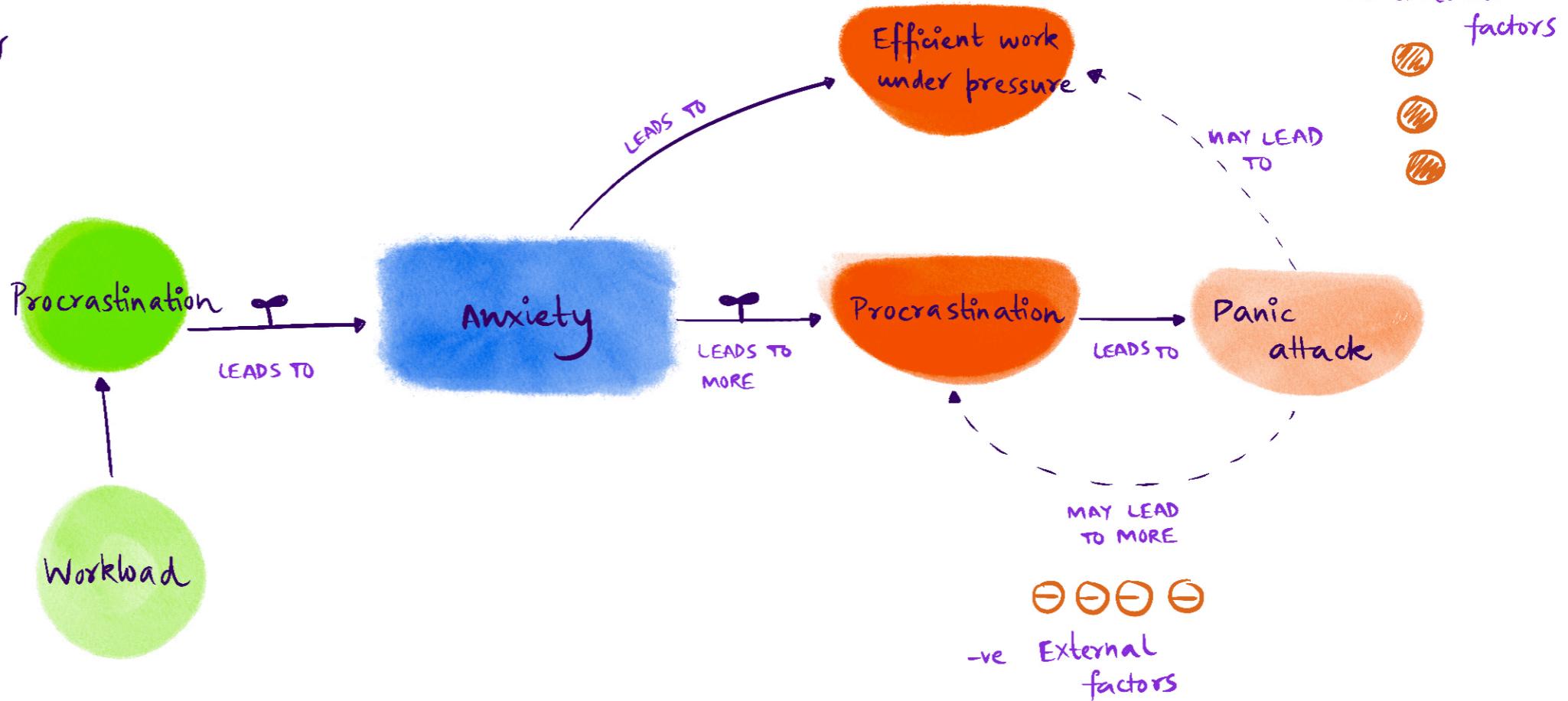


Flows



Modelling Stocks & Flows

(5) ANXIETY



AVERAGE VOLUME = 1/2 days per week

RANGE OF VOLUME = Sun/Mon/Tuesday

DANGER ZONES = When it's Saturday and no work has progressed. Unpredictable -ve external factors

FLOW RATE = Weekly (depends on workload)

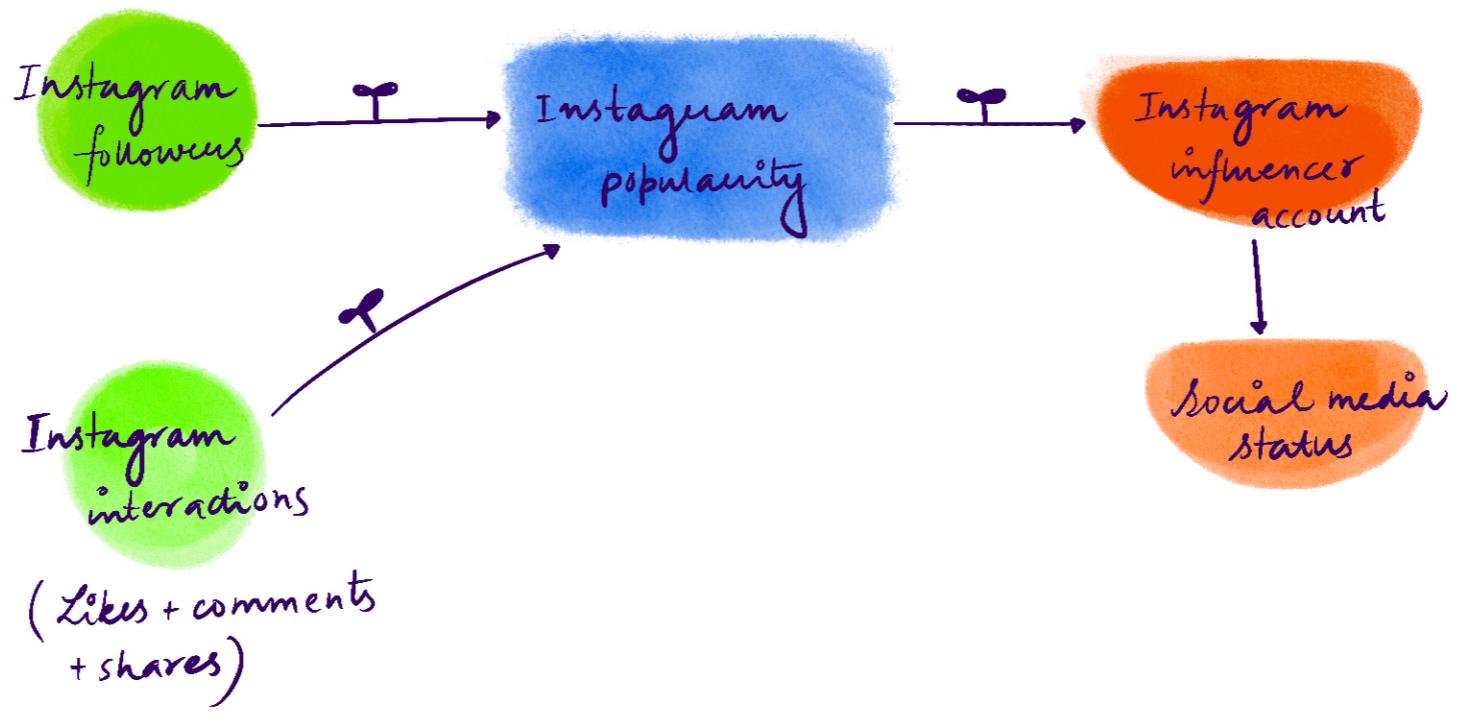
TYPE OF STOCK
Emotional

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(6) INSTAGRAM POPULARITY

DANGER ZONES : If the number of followers drops suddenly.

FLOW RATE : Varies



AVERAGE VOLUME = More than 10,000 followers

LIKELY RANGE = Anywhere starting from 2000 followers,
no upper limit

(As of now Christiano Ronaldo is the most popular celebrity on instagram with 207M followers)

TYPE OF STOCK

Social

Key



Stock



Source



Sink



Flows