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| **Problem Solving (A3) Report** | **Topic:** [Keep track of one’s weight] | **Date:** [Aug 19] |
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| **1. Identify a Problem** | **PLAN** |  | **4. Propose & Implement Countermeasures** | **PLAN/DO** |
| ***ASK:***   * People might not be aware how quarantine is affecting their health, specifically their weight. * People could be gaining weight or loosing weight due to stress. * Excessive eating can lead to obesity, while not eating weakens the body. * Having an unbalanced diet can lead to health problems and eventually make one sick. * During the quarantine one want to avoid getting sick and visiting a hospital. * Many people are not aware how their weight changes until someone points it out for them or it is too late.   ***SHOW:***  ***TOOLS:***  Line graph, prioritization Matrix, 4Ws. Tree diagram, pareto diagram | |  | ***ASK:***   * Since the intended target is to help people monitor their weight, this can be done with an application. * Creating a simple app that is both user friendly and easy to pick up.   ***SHOW:***  ***TOOLS:***  Countermeasures Matrix | |
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| **2. Set the Target** | **PLAN** |  | **5. Check/Evaluate** | **CHECK** |
| ***ASK:***   * The intended target is to help people track and monitor the changes in their weight.   ***SHOW:*** | |  | ***ASK:***   * Did the countermeasures work? * Was the target achieved * Can I verify that the Root Cause was eliminated (can I turn it off & on) * If the Countermeasure was not effective, why didn’t it work   ***SHOW:***  The results; describe the reliability of the new process  ***TOOLS:***  Line graph, pareto | |
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| **3. Analyze the Causes** | **PLAN** |  | **6. Act and/or Standardize** | **ACT** |
| ***ASK:***   * Stress is caused by many things but in today one reason stress is being caused is due to quarantine. The sudden change in society due to the virus and the inability of doing things like one was used to is the cause. * When under stress people tend to forget to eat meals because their too occupied with worries or they eat excessively to distract themselves.   ***SHOW:***  ***TOOLS:***  Fishbone diagram, pareto chart, tree diagram | |  | ***ASK:***   * How will we ensure the process continues to work (stays solved)? * What have we learned? * Where else can we apply this learning?   ***SHOW:***  New or changed procedures, plans to apply learning in other areas  ***TOOLS:***  Standard Operating Procedures | |

Template by Ignacio Tampe