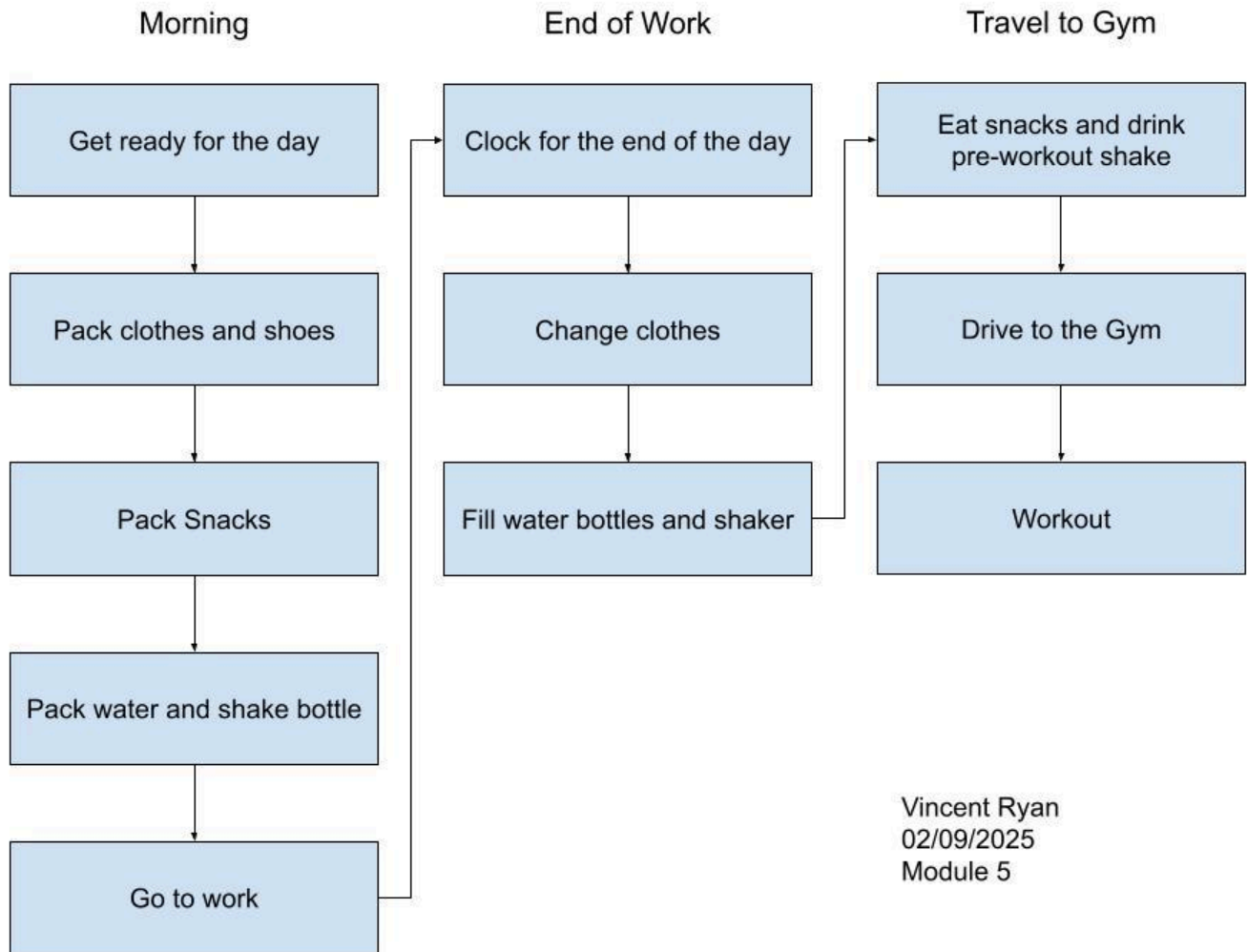


Here is the diagram of me getting to the gym.



Vincent Ryan
02/09/2025
Module 5

One thing I see when I review it is that the water bottle filling and clocking for leaving are right next to each other. It might make more sense to swap change clothes and fill bottles.

I also see I am taking the most steps in the morning before work. Moving some of these steps to the evening prior would free up the morning.