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Assignment 5.2

Assignment: Value Stream Mapping (VSM)

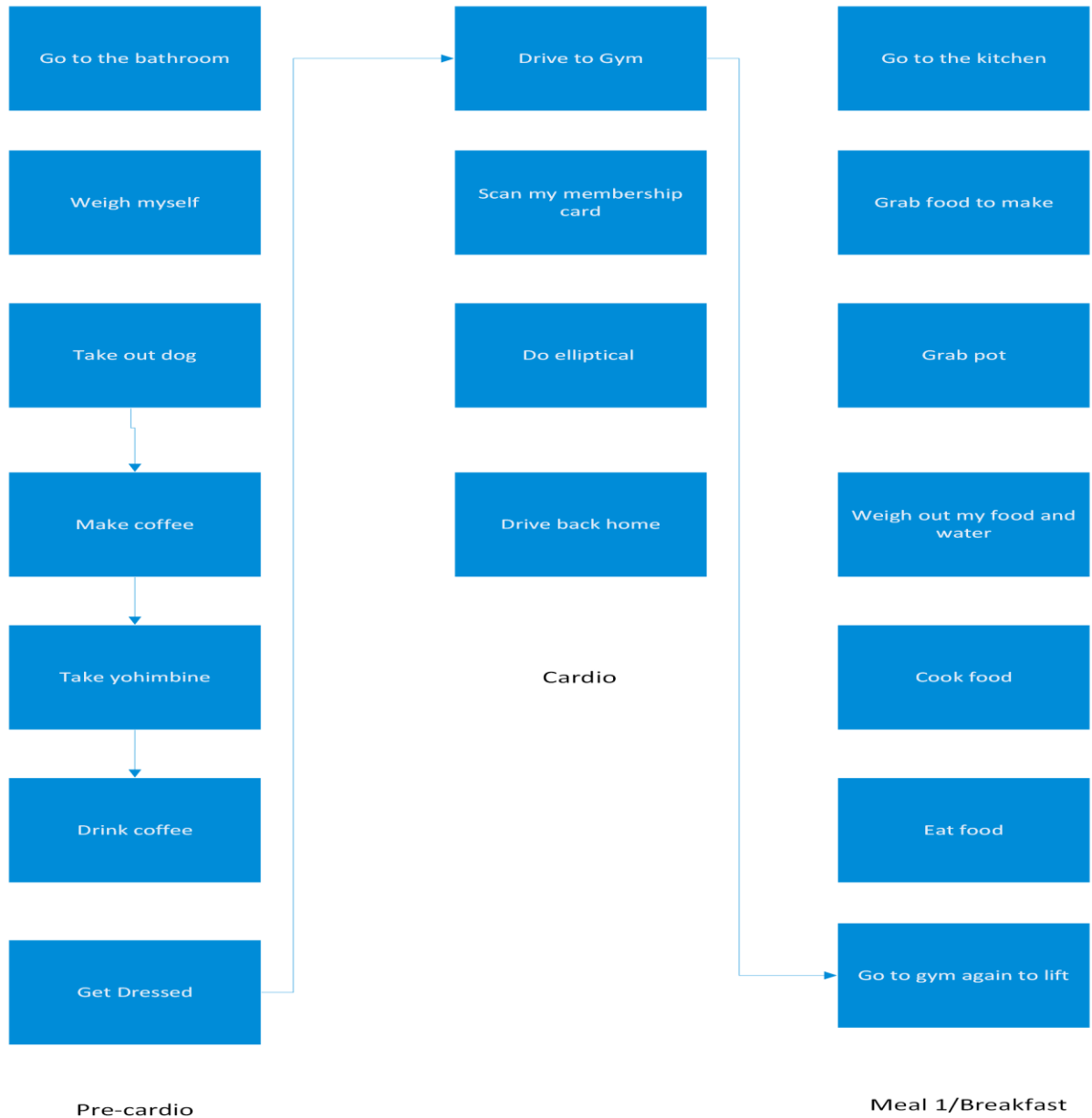I am going to do my morning routine for this assignment.

1. Go to the bathroom
2. Weigh myself
3. Let my dog out
4. Go make coffee and take yohimbine pill
5. Brush teeth
6. Drink coffee and wait 30 mins
7. Go to the Gym to do fasted cardio
8. Drive back home
9. Make food to go to the gym for my morning workout
10. Eat food
11. Go to gym to workout

With this morning routine it takes about 3.5 hours of my morning to do. Most of it is due to waiting for supplements to kick in and food to digest.

I am going to break this down into these categories:

1. Grooming
2. Morning cardio
3. Meal 1/breakfast

Analyzing lean metrics:

Pre-cardio

```
Go to the bathroom
        ↓
Weigh myself
        ↓
Take out dog
        ↓
Make coffee
        ↓
Take yohimbine
        ↓
Drink coffee
        ↓
Get Dressed
```

Cardio

```
Drive to Gym
        ↓
Scan my membership card
        ↓
Do elliptical
        ↓
Drive back home
```

Meal 1/Breakfast

```
Go to the kitchen
        ↓
Grab food to make
        ↓
Grab pot
        ↓
Weigh out my food and water
        ↓
Cook food
        ↓
Eat food
        ↓
Go to gym again to lift
```

Est. Average Flow time

Pre-cardio	45 mins
Cardio	75 mins
Meal 1/Breakfast	90 mins

Est. Cycle time is 3.5 hours

Ways to optimize:

I could save 15 minutes if I took my coffee with me on the way to the gym and drink it. If I set a mug out under the Keurig and put a k-cup I could save a minute of my time. If I made my food, I could save 30 mins since my food would already be made and I would have it waiting for me when I get home from cardio. I could also do cardio at home instead of going to the gym since I have cardio equipment and save another 30 mins of the morning.