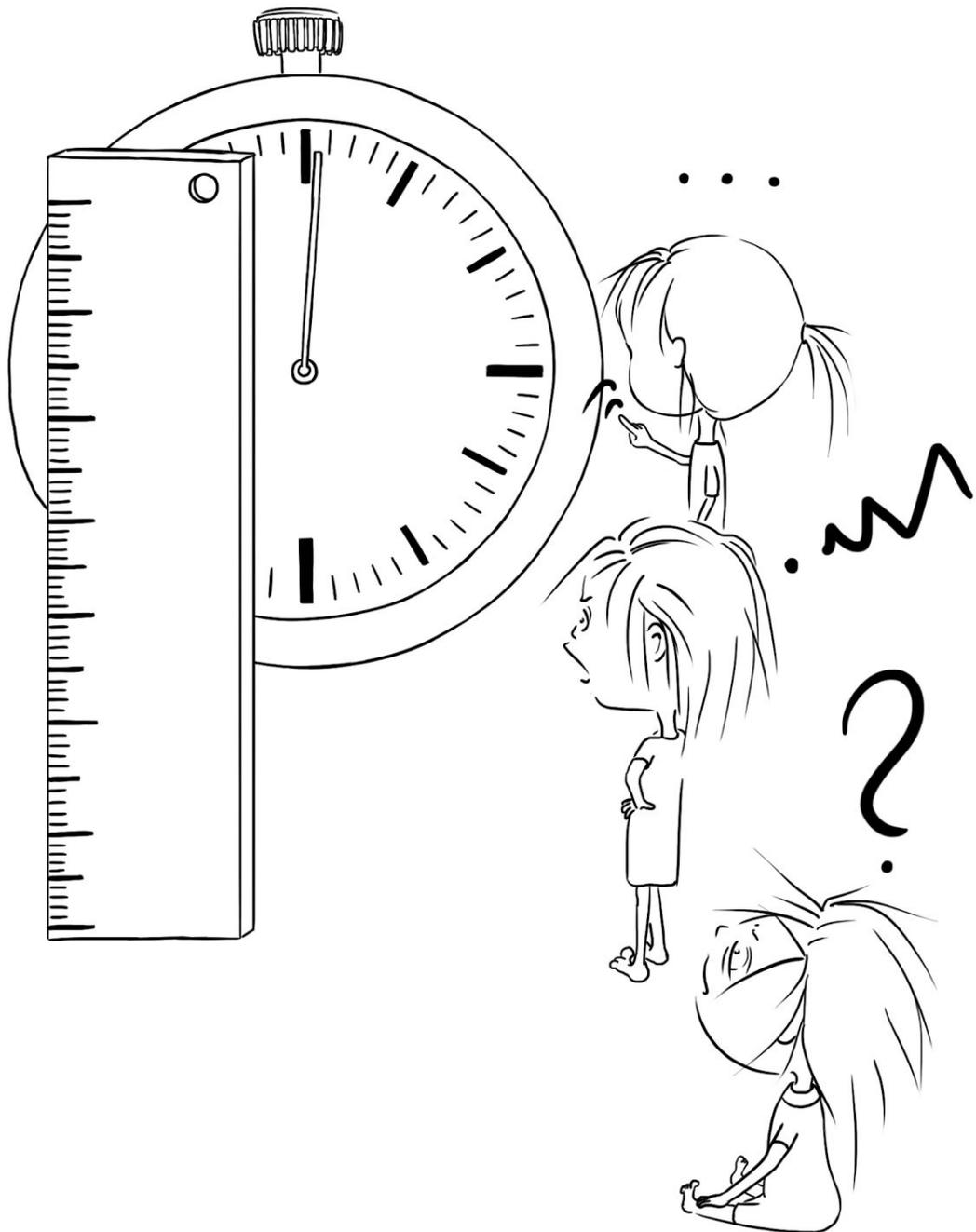


Aleana and my girls



Every morning is a battle. Battle to get my 3 daughters on the school bus on time. That's why I decided to track the oldest 2 - Gaia and Vicky (9 and 7 years old) - to see where they spend most time in the morning. Elena, the youngest one (4 years old), can't be tracked by any tool...

Here you can see the Aleana configuration for **step-by-step tracking** of the morning activities:



It is simply arranged, with a quite logical sequence of steps: They should dress first, then have breakfast, then off to tooth-brushing, hair-brushing etc.

Some steps, like Breakfast and Bag Check also have a **Standard Procedure** and **Checklist**.

Check out the video on the website to see how it works.

The average results were pretty straightforward and surprising at the same time:

Total Time from Bed to Bus	35 Minutes	Uh, not so bad. Still, it seems fast but it feels like 3.5 hour when you have to push them all the time to hurry up
Breakfast	13' - 37%	Ok, that's really ok, who does not need some time to warm up.
Walking to Bus	7' - 20%	I can make it in 5' when alone, but they fight all the way so it takes a bit more.
Dressing	5' - 15%	That's fast, I am waaaay slower.
Tooth Brushing	3' - 8%	This should NOT be shorter, based on the dentist recommendation!
Other activities	7' - 20%	

So the key finding was that they can't do much better... Unless I ask the girls to have their breakfast on the bus... No I cannot do that. It is enough to be known at school as the weird daddy who follows his kids with an iPad to track their speed.



Testing Aleana with the girls was fun, the babysitter loved the tool too (she was quite disappointed that it's not on the App Store), and now I know that reality is not as bad as I thought.

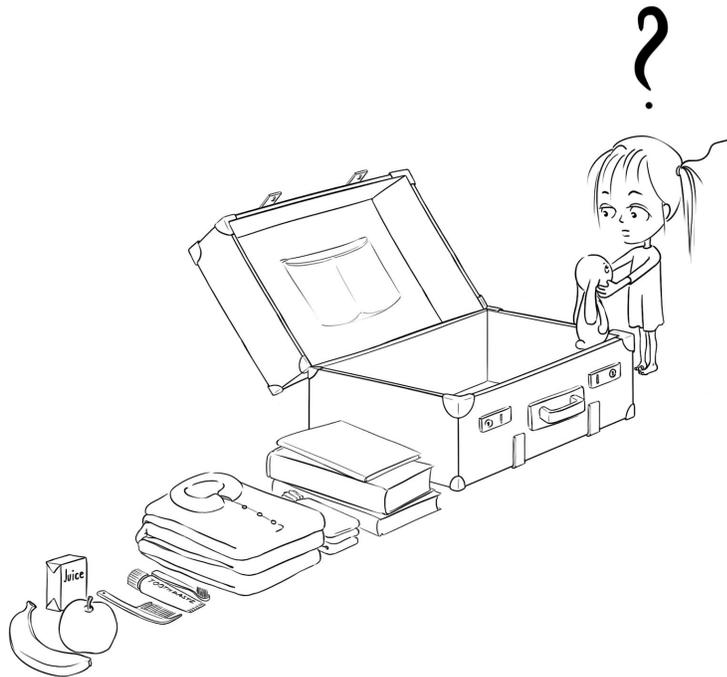
And, as always when you test something with kids, it reflects the reality of time-tracking for business purposes:

1. You always forget some step.

Vicky looks at the screen and tells me “*Oh, so I am not supposed to pee? There is no picture for that*”. Gosh, point taken, I forgot. Well, easy to fix, given that **Aleana is parametric**. This will be adjusted next time I do the tracking.



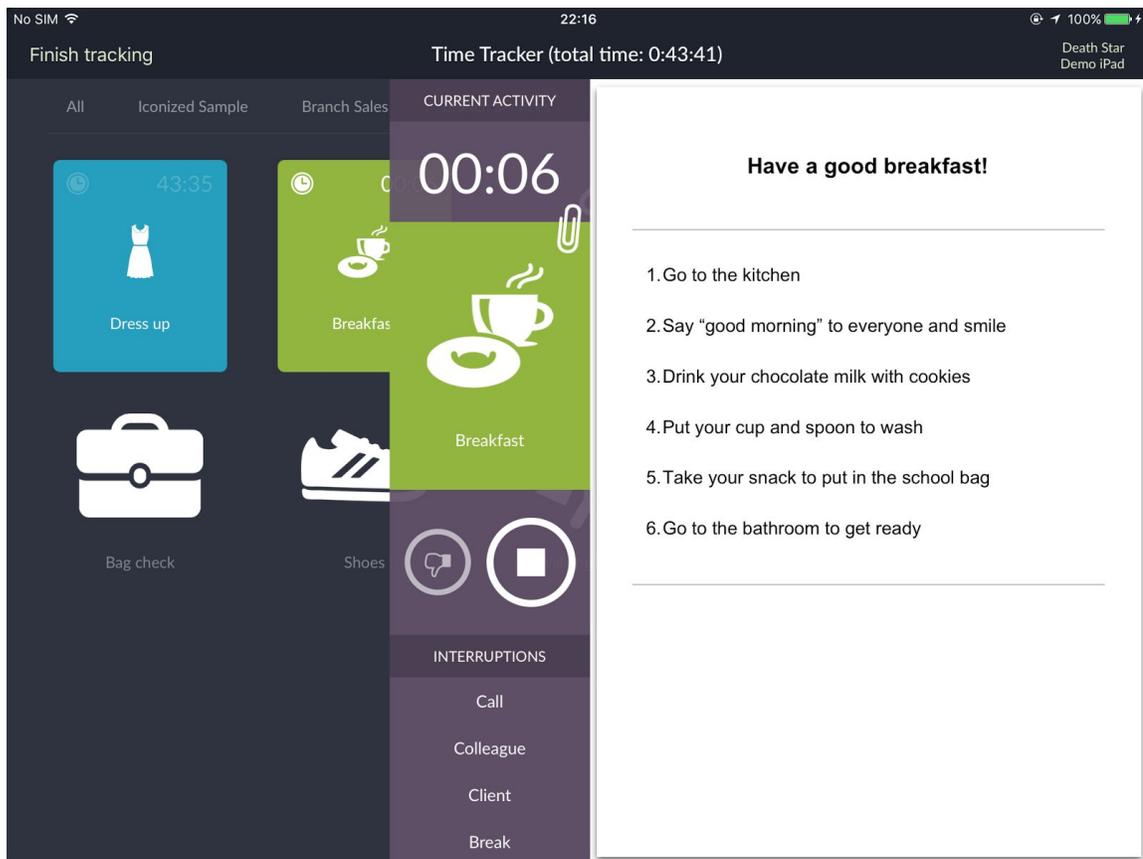
2. Standard Operating Procedure should be designed by the person executing the activities, not by observers.



Look at the one below I prepared for Breakfast.

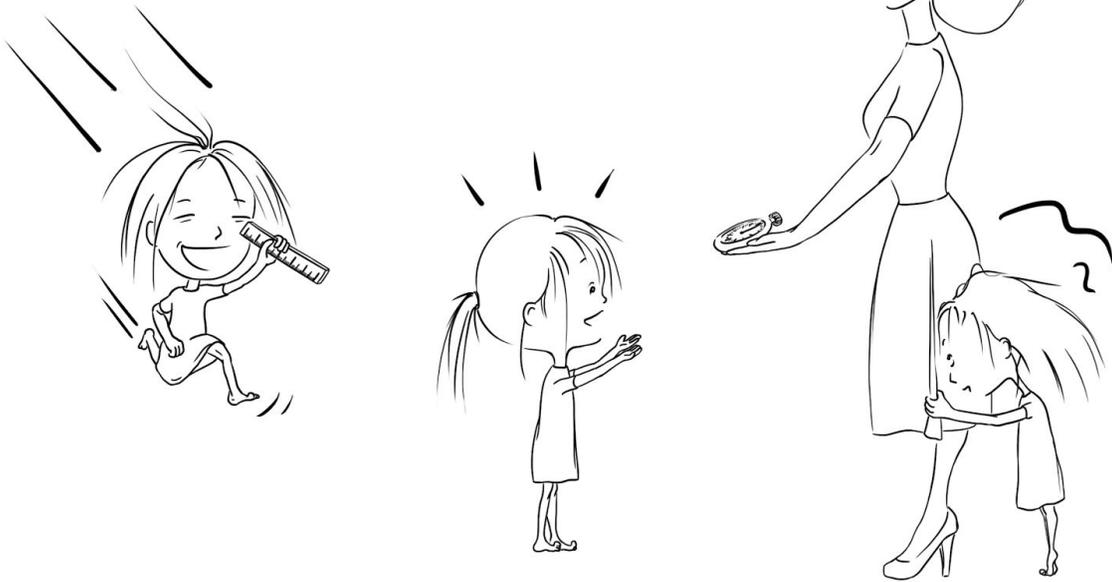
When Vicky started her breakfast, she looked at the SOP "Have a good breakfast!" and noted "It makes no sense. It's says that I should say Good morning to everybody but I am alone in the kitchen".

2-0 for her. Another adjustment to make in the Aleana parameterization console, where the SOP's are stored.



3. Tracking can be unpleasant, do it with love and care.

As soon as Vicky passes the bathroom doorstep, I click on “Tooth-brushing” and she jumps at me *“What are you doing? I haven’t started yet!”* - *“It’s ok Vicky, I decide when an activity starts, and it’s not a race.”* - *“Of course it is a race! Now you track me and then you will track Gaia and then you’ll tell me that I am slower!”*. This shows the importance of being be very clear about what are the **Start and Stop moments**, and how important is to inform the person being tracked about the **purpose of the tracking**.



4. A sequence of steps that seems “logical” on paper may not reflect the reality at all.

It is Gaia’s turn now. While she does not complain about missing steps or wrong SOP’s at all, she simply crashes the sequence of steps I presumed...

She does something like this: gets only half-dressed, then goes to get her breakfast but before finishing it, she runs to put some cookies in her bag, then she goes back to finish her breakfast. And then, before dressing-up completely, she goes to brush her teeth and hair. I did not dare to challenge her, because I realize that I also usually have breakfast half-dressed. And this is the real log of Gaia’s activities:

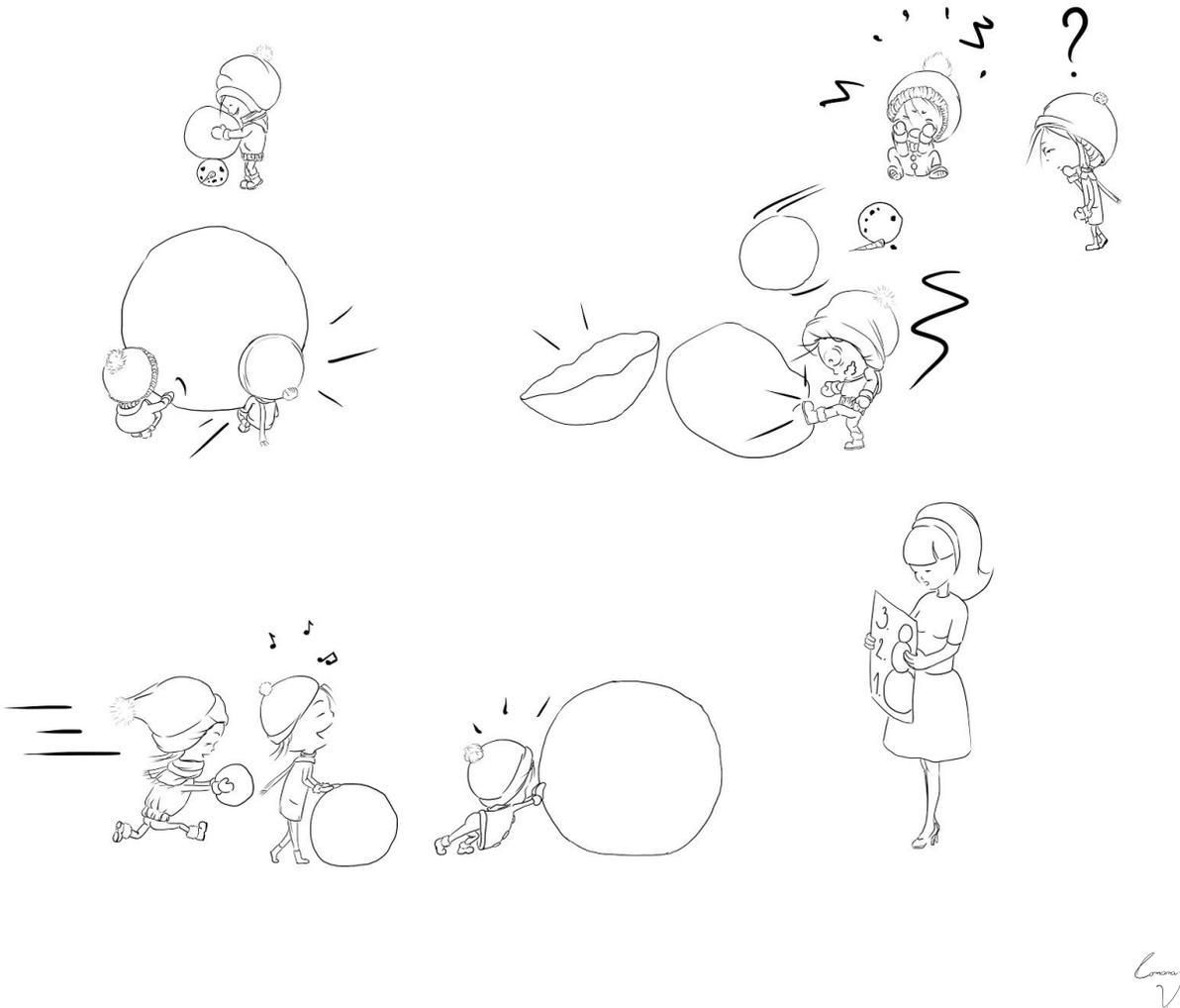
Start Time	Activity	Duration (sec)
7:09:41	Dressing up	296
7:12:11	Bag check	4
7:16:32	Breakfast	20
7:16:54	Breakfast	38
7:17:35	Hair-brushing	2
7:17:39	Breakfast	997
7:34:33	Bag check	6
7:35:18	Tooth-brushing	168
7:38:07	Hair-brushing	108
7:40:09	Shoes	16
7:40:28	Dressing up	33
7:41:02	Shoes	262
7:45:27	Trip to the bus stop	441

This example should give you some idea on how Aleana can help in tracking not only the **execution time of activities**, but also:

- Determining which activities **really happen** on the shop-floor
- Assessing their **sequence** and/or possible **interruptions** and switching across them
- **Testing** and **adjusting Standard Operating Procedures** for the best results

With 2-3 iterations of trial tracking/adjustment of the Aleana configuration, you get a solid and **fact-based understanding** of how things get done and how fast.

A real one, not the one designed on paper.



Special thanks to Romana Vyšanská for her wonderful pictures of Aleana and my girls. Have a look at her work at: <https://www.behance.net/RomanaV>