

# Sprint Health Checklist

Check the state of your sprint — before issues turn into real problems



## Grooming

Before the sprint

- Is every story **detailed enough** for the team to estimate it? !
- Were there **meaningful questions or discussion** during refinement? !
- Are the **estimates close to each other** (no 2 vs 13)? !
- In online refinement, did I **actively ask for feedback**? ~
- Does every story **fit within one sprint** (max. 8 points)? ~



## Daily Standup

During the sprint — daily

- Was a **specific blocker named** — not just “I’m working on it”? !
- Is progress **proportional to the time already spent**? !
- Is there no story that has been **“In Progress” for 3+ days** without moving? !
- Is everyone **actively involved** — no silent participants? ~



## Sprint End Is Approaching

When 50%+ has passed

- Is every story **actually progressing**? !
- If something is slipping — **have I already informed the project/stakeholders**? !
- Is every story **assigned** to someone in the sprint? ~
- Has the scope **not grown significantly** since the sprint started? ~



## Bugs

During the sprint

- Is the number of bugs **not increasing toward the end of the sprint**? !
- Have we **identified the source** of each bug (external/internal)? !
- Are bugs that can be **fixed within the sprint** being handled? ~
- Are bugs moving into the next sprint **prioritized**? ↓



## Preventing Carryover

Before sprint review

- Can I **see in advance** what will and will not be completed? !
- Does the business/project **already know** what to expect at the review? !
- Have we **identified the reason** for carryover stories (for the retro)? ~
- Has the next sprint **not been overloaded** with carryover items? ~



## Team Health

Continuously

- Is there anyone who **may need help**? !
- Is no one **overloaded** alone with a large task? !
- Was the retro **honest**, and did something change afterward? ~
- Does the team **feel ownership** of the product — not just execute tasks? ↓