

# Current Sprint Cadence

Note: Timing subject to change based on availability

With VA-PO and business partners    With VA-PO    With core team only

	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday
09:00 – 10:00 AM										
10:00 – 11:00 AM	PMO Sync	PMO Sync	PMO Sync	PMO Sync	PMO Sync	PMO Sync	PMO Sync	PMO Sync	PMO Sync	PMO Sync
11:00 – 12:00 AM	Daily Standup Sprint Retro	Daily Standup	Daily Standup	Daily Standup Design Review (Int)	Daily Standup	Daily Standup	Daily Standup	Daily Standup Design Review (Int)	Daily Standup	Daily Standup
12:00 – 1:00 PM				Design Review						
1:00 – 2:00 PM	Sprint Planning		Backlog Grooming (Internal)				Backlog Grooming (Internal)	No Design Appts.	Demo prep	
2:00 – 3:00 PM		Tech Sync			Tech Sync			Tech Sync		Sprint Demo
3:00 – 4:00 PM		PO Sync		PO Sync		PO Sync		Design Review	PO Sync	
4:00 – 5:00 PM										

\*Sprint cadence shown is example; team to align with VA-PO and business partners and confirm all dates/timings before sending invites  
\*\* Time stated in ET