

Current Sprint Cadence

Note: Timing subject to change based on availability

	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday
09:45 – 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	Daily Standup	Daily Standup	Daily Standup	Daily Standup	Daily Standup	Daily Standup	Daily Standup	Daily Standup	Daily Standup
	Sprint Retro			Design Review (Int)	Design Collab Time			Design Collab Time		
12:00 – 1:00 PM				Design Review	VA ToT Mtg		Design Review			VA ToT Mtg
1:00 – 2:00 PM	Sprint Planning		Backlog Grooming (Internal)	VA Design & Research Sync		Design Review (Int)	Backlog Grooming (Internal)		Demo prep	VA Design & Research Sync
2:00 – 3:00 PM										Sprint Demo
3:00 – 4:00 PM		PO Sync		PO Sync		PO Sync			PO Sync	
4:00 – 5:00 PM										

With VA-PO and business partners

With VA-PO and business partners

With VA-PO

With core team only