Sprint is one timeboxed iteration of a continuous development cycle. Within a Sprint, planned amount of work has to be completed by the team and made ready for review. The term is mainly used in Scrum Agile methodology but somewhat basic idea of Kanban continuous delivery is also essence of Sprint Scrum.

Sprint literal meaning is a short race at full speed. Accordingly, teams usually define a short duration of a Sprint up to 2-4 weeks. Team collaboratively sets their target with Product Owner as "Sprint Goal" and plan their work in "Sprint backlog". As soon race starts after planning session, team work together to complete planned work effectively and make it ready for review by the end of that period.

High level User Stories readiness in Product backlog is the prerequisite of starting a Sprint Cycle. Sprint Analytics help Scrum Master and Product Owner to know the progress of Sprint in a glance. It is the place to define Sprint Goal and Definition of Done for each Sprint.

Learn more about Sprint Planning from Agile Methodology and Sprint planning practices and Mastering Sprint Planning.
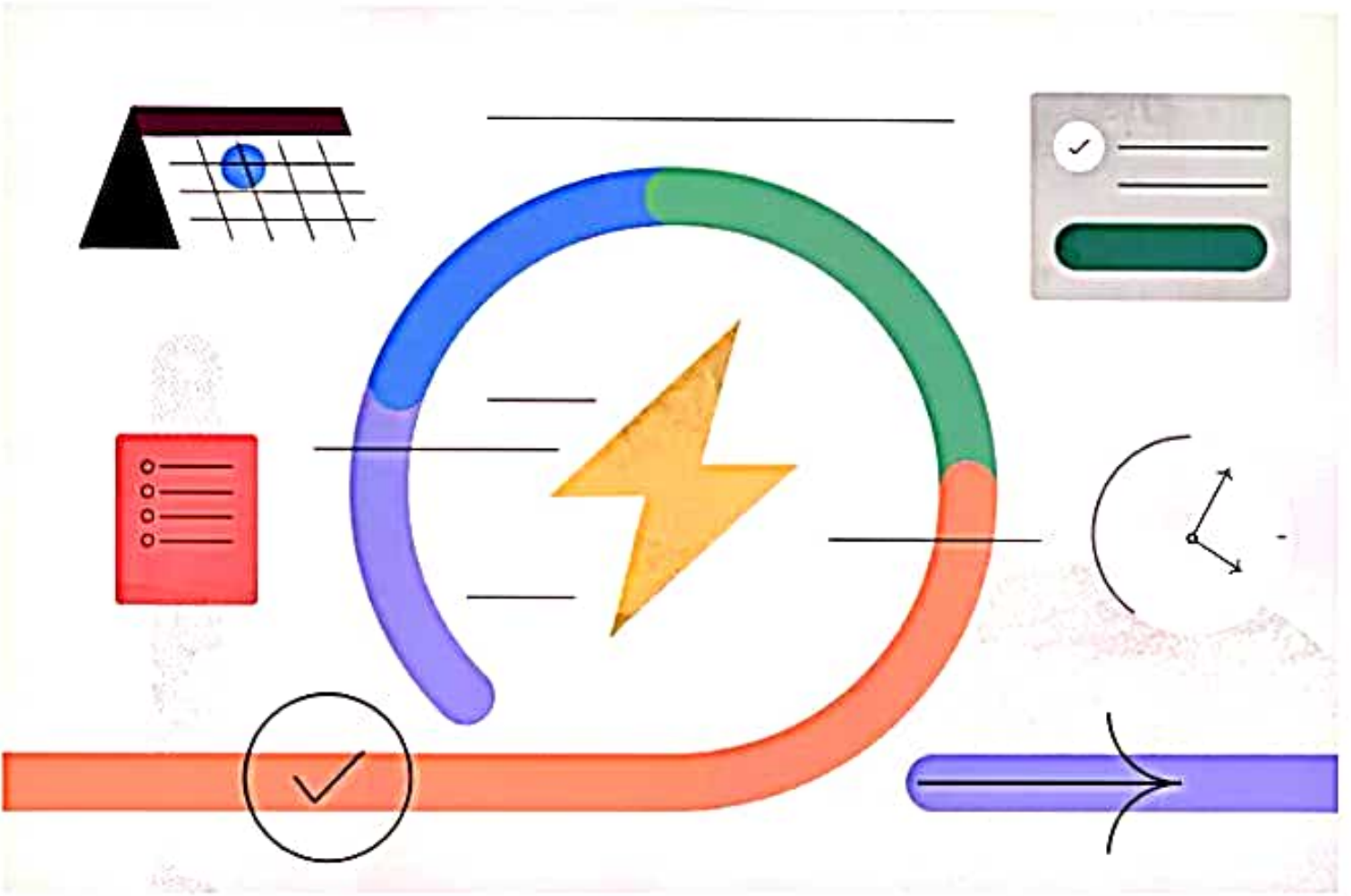
Sprint planning is a stage in Agile methodologies in which teams decide which tasks to complete in an upcoming sprint and how that work will be achieved. A sprint planning meeting is a meeting that is dedicated to planning the next sprint. Depending on the methodology used, this meeting is often run by the product owner or a Scrum master.

During the sprint planning meeting, product owners or Scrum masters choose specific product backlog items that fit their sprint goals. These decisions are made in collaboration with the development team or the Scrum team so they know exactly what work is upcoming in the next sprint. The developers on the team can help identify specific skills they're efficient at and identify their bandwidth for the next

Sprint Planning ⓘ ⭐

Overview   List   **Board**   Timeline   Calendar   Dashboard   Messages   Forms   Files

Backlog   +

⊘ Update action logging

`Medium` `Spec needed`

⊘ Scope performance improvements for navigation update project

`High` `On hold`

+ Add task

Developing   +

⊘ Launch updated calendar

`Medium` `Eng ready`

⊘ Build social sharing functionality

`Low` `Eng ready`

+ Add task

Deploying   +

⊘ iOS navigation changes

`High` `QA ready`

⊘ Usability testing for scheduling feature

`High` `QA ready`

+ Add task