1.What do I want to learn or understand better? Consider e.g. teamwork, Scrum, agile processes, technologies etc?

I have not yet been the Scrum master or product owner, so I am really interested in seeing what it's like being either of those roles. Other than that, the things I want to learn or understand better are the same as the previous two sprints.

2. What is my contribution towards the team's deliveries? How can I help my team do better next sprint?

For this sprint I have worked closely with Carl to develop the suggested running times, which basically tells the user when the three best times to be outdoors is. We have created an algorithm that awards points based on the weather to figure out the best time to be out. We have also implemented some nice cards for the dashboard to display the relevant info.

3. Changes/improvements from last week's reflection?

This sprint I have collaborated more closely and discussed the work being done. Last sprint I was still working as a team but much more on my own hand. I think this is a big improvement personally.