

Sprint Predictability Checklist

Free samples by Harish Raju • Agile + Technical Program Leadership

Goal

Improve sprint predictability by reducing scope churn and improving readiness before commitment.

Checklist (print and use each sprint)

Area	Check
Sprint goal	Is the goal clear and outcome-based (not a task list)?
Backlog readiness	Do stories meet Definition of Ready? (acceptance criteria, dependencies, sizing)
Capacity	Is capacity adjusted for PTO, support, meetings?
Dependencies	Are cross-team dependencies identified with owners and dates?
Risks	Have we surfaced top 3 risks and mitigations?
Scope control	Do we have a rule for mid-sprint change (triage + trade-off)?
Daily signals	Are we tracking blockers daily and escalating fast?
Retro action	Did we pick 1–2 measurable actions from retro and assign owners?

Simple metric to track

Sprint Commitment Reliability = Completed / Committed (track trend, not single sprint).