

# 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).