

# *Sprintets*

## *diary*

*Two weeks of productive work*

*Start date* \_\_\_\_\_

*End date* \_\_\_\_\_

## Introduction

In this diary, it is supposed to use the approach with sprints from Agile development to your projects and personal affairs aimed at self-development.

Send your feedback to [sprintets@handcrafted.software](mailto:sprintets@handcrafted.software)

Thank you and good luck!



Start date: \_\_\_\_\_

## Expectations

Write your expectations from sprint. How do you see the result of your actions in two weeks? If you can, state the goals you want to achieve in two weeks.



Day 1

Date \_\_\_\_\_

Wake up at \_\_\_\_\_

Today's Steps \_\_\_\_\_

High priority tasks

- ☐ Pay attention to my project
- ☐ Workout / walk
- ☐ Read \_\_\_\_\_ pages from \_\_\_\_\_  
\_\_\_\_\_
- ☐ Create a post in \_\_\_\_\_
- ☐ Fill the skill tracker
- ☐ \_\_\_\_\_
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Work tasks

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## My project tasks

## Personal tasks / household tasks

Health ○○○○○

Productivity ○○○○○○

Mood ○○○○○

Thought of the day

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## My project tasks

[illegible]

## Personal tasks / household tasks

[illegible]

Health ○○○○○○

Productivity ○○○○○○

Mood ○○○○○

Thought of the day

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## RESULTS

[illegible]

## IDEAS

## SKILL TRACKER

If you managed to practice a skill in a day - great! Check the table to see your progress.

[illegible]

## SKILL TRACKER

## BOOKS

It will be great if you write a blog post about a read book. Write down the main thoughts that have hooked you. This will help you ponder what you have read and better remember the material in the book.

[illegible]

## COURSES / LECTURES / CONFERENCES

Record the courses you take (coursera, udemy, etc.) Write a review on the Internet about the course after passing it.

[illegible]

## TRAVEL

You should plan your trip at the end of the sprint. Travel and change of activities are useful for relief of the brain. The journey can be absolutely any.

Where	When
With whom	
Goal	
Tickets	
Visa	
Insurance	
Hotel	

## TRAVEL IMPRESSIONS

Describe the pros and cons of the trip. What could be improved?

This image shows a full page of dot grid paper. The background is white, and it is covered with a regular pattern of small, light gray dots. The dots are arranged in straight horizontal and vertical rows, creating a grid-like appearance across the entire surface. There are no margins, text, or other markings on the page.

## IDEAS



## DIARY

Date \_\_\_\_\_

A diary is needed to put thoughts in order. If something bothers you, be sure to write it down. Diary is a retrospective of your day.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## DIARY

Date \_\_\_\_\_

[illegible]

## DIARY

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Date \_\_\_\_\_

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

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