## Sprintets diary

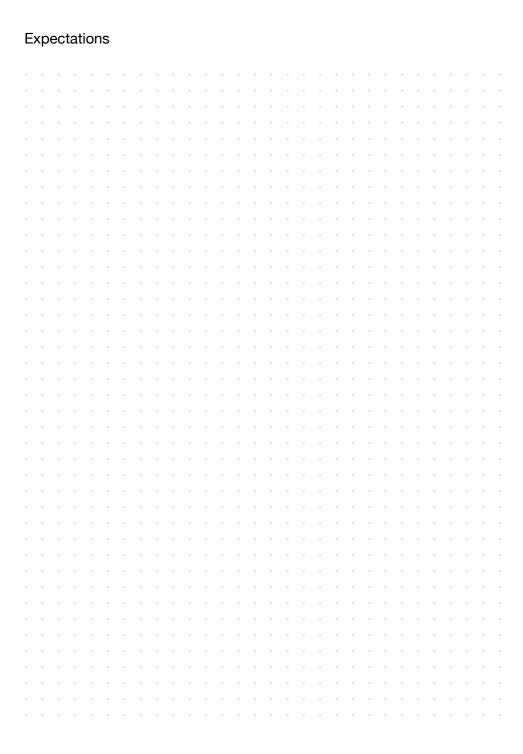
lwo	weeks of productive work
	Start date
	End date

## 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 <a href="mailto:sprintets@handcrafted.software">sprintets@handcrafted.software</a> Thank you and good luck!

S	tar	t d	ate	e: _							_														
W	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.																								
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Day 1	Date
Wake up at	
Today's Steps	
High priority tasks	
<ul><li>☐ Pay attention to my project</li><li>☐ Workout / walk</li><li>☐ Read pages from</li></ul>	n
Fill the skill tracker	
Work tasks	

My project tasks
Personal tasks / household tasks
Health OOOO Productivity OOOO Mood OOOO
Γhought of the day

Day 2	Date
Wake up at	
Today's Steps	
High priority tasks	
<ul><li>□ Pay attention to my project</li><li>□ Workout / walk</li><li>□ Read pages from</li></ul>	
Create a post in	
Work tasks	

Мур	oroject tasks
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Pers	sonal tasks / household tasks
П	
Heal	th OOOO Productivity OOOO Mood OOOO
	ught of the day

Day 3	Date							
Wake up at								
Today's Steps								
High priority tasks								
<ul><li>□ Pay attention to my project</li><li>□ Workout / walk</li><li>□ Read pages from</li></ul>								
Create a post in								
Work tasks								

Му р	project tasks
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Pers	onal tasks / household tasks
Healt	h OOOO Productivity OOOO Mood OOOO
	ight of the day

Day 4	Date								
Wake up at									
Today's Steps	Today's Steps								
High priority tasks									
<ul><li>□ Pay attention to my project</li><li>□ Workout / walk</li><li>□ Read pages from</li></ul>									
Create a post in									
Work tasks									

My pro	oject tasks
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Perso	nal tasks / household tasks
Health	OOOO Productivity OOOO Mood OOOO
Thoug	ht of the day

Day 5	Date							
Wake up at								
Today's Steps	Today's Steps							
High priority tasks								
<ul><li>□ Pay attention to my project</li><li>□ Workout / walk</li><li>□ Read pages from</li></ul>								
Create a post in								
Work tasks								

Му	project tasks
Pers	sonal tasks / household tasks
Heal	th OOOO Productivity OOOO Mood OOOO
	ught of the day

Day 6	Date
Wake up at	
Today's Steps	
High priority tasks	
<ul><li>☐ Pay attention to my project</li><li>☐ Workout / walk</li><li>☐ Read pages from</li></ul>	
Fill the skill tracker	
Work tasks	
Ш	

sonal tasks / ho	ousehold tasks	
	ousehold tasks	

Day 7	Date				
Wake up at					
Today's Steps					
High priority tasks					
Pay attention to my project Workout / walk Read pages from					
Create a post in					
Work tasks					

Мур	project tasks
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Pers	onal tasks / household tasks
Healt	th OOOO Productivity OOOO Mood OOOO
Thou	ught of the day

Day 8	Date				
Wake up at					
Today's Steps					
High priority tasks					
<ul><li>□ Pay attention to my project</li><li>□ Workout / walk</li><li>□ Read pages from</li></ul>					
Create a post in					
Work tasks					

Му	project task	<b>KS</b>								
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Pers	sonal tasks	/ househo	old tasks							
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Tho	ught of the	day								

Day 9	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					
Work tasks					
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Му	project tasks
Pers	sonal tasks / household tasks
Heal	Ith OOOO Productivity OOOO Mood OOOO
	ught of the day

Day 10	Date						
Wake up at							
Today's Steps							
High priority tasks							
<ul><li>□ Pay attention to my project</li><li>□ Workout / walk</li><li>□ Read pages from</li></ul>							
Create a post in							
Work tasks	Work tasks						

Му р	roject tasks			
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Perso	onal tasks / hous	sehold tasks		
Health	100000	Productivity \( \)	Mood OOO	)()
	ght of the day	, 000		

Day 11	Date						
Wake up at							
Today's Steps							
High priority tasks							
<ul><li>□ Pay attention to my project</li><li>□ Workout / walk</li><li>□ Read pages from</li></ul>							
Create a post in							
Work tasks	Work tasks						

Му	oroject tasks	
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Pers	sonal tasks / household tasks	
Heal	th OOOO Productivity OOOO Mood OOOO	
Tho	ught of the day	

Day 12	Date						
Wake up at							
Today's Steps							
High priority tasks							
<ul><li>□ Pay attention to my project</li><li>□ Workout / walk</li><li>□ Read pages from</li></ul>							
Create a post in							
Work tasks							

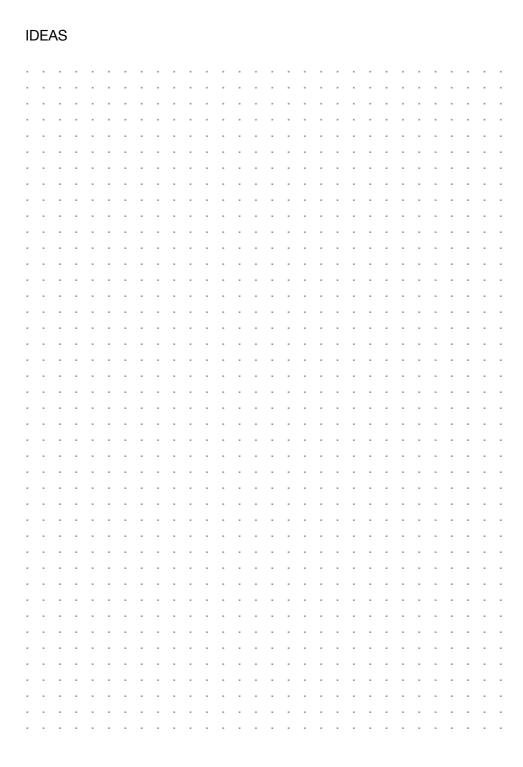
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Pers	sonal tasks / household tasks	
	th OOOO Productivity OOOO Mood OOOOO	

Day 13	Date							
Vake up at								
Today's Steps								
High priority tasks								
<ul><li>□ Pay attention to my project</li><li>□ Workout / walk</li><li>□ Read pages from</li></ul>								
Create a post in								
Work tasks								

	sehold tasks		
	sehold tasks		

Day 14	Date								
Vake up at									
Today's Steps									
High priority tasks									
<ul><li>□ Pay attention to my project</li><li>□ Workout / walk</li><li>□ Read pages from</li></ul>									
Create a post in									
Work tasks									

## **RESULTS**



## SKILL TRACKER

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

Work on my project												
WOLK OILL	пу рг	ojec	L									
Public activity												
Workout												
Reading												
Courses												
Foreign la	ngua	ıge										
Walk												

## 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.

Name	Author	Pages	Date	Blog

## COURSES / LECTURES / CONFERENCES

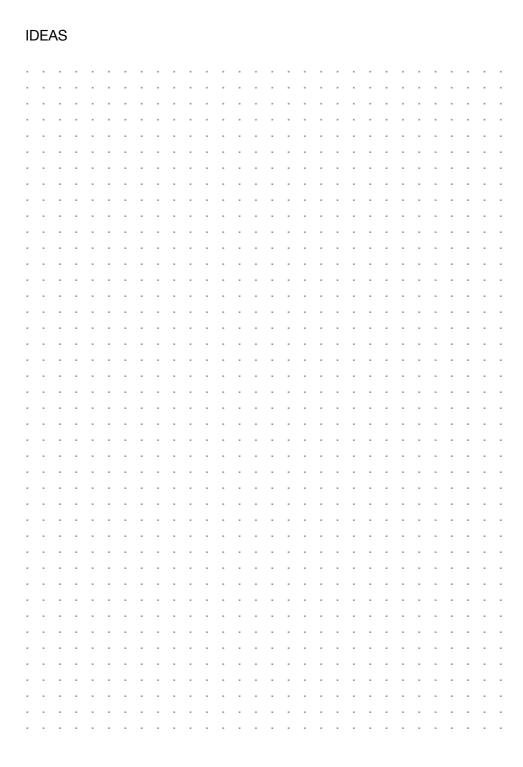
Record the courses you take (coursera, udemy, etc.) Write a review on the Internet about the course after passing it.

Name	Date	Blog

## **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.

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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.	DIARY	Date
a retrospective of your day.		ng bothers you, be sure to write it down. Diary is
	a retrospective of your day.	

DIARY	Date

DIARY	Date

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