GitHub Projects is an effective tool for assigning and monitoring tasks for each team member in a sprint. Here's some options on how to use it:

1. Create a project board:
   * Go to your GitHub repository
   * Click on "Projects" tab
   * Select "New project"
   * Choose a template (e.g., "Basic kanban")
   * Add a description or comment to the project board for context
2. Set up columns:
   * Create columns like "To Do," "In Progress," and "Done"
   * You can add custom columns as needed for your workflow
   * Add comments to columns to clarify their purpose or workflow rules
3. Add tasks as issues:
   * Click "Add items" at the bottom of a column
   * Create new issues or convert existing ones into cards
   * Assign team members to issues
   * Add comments to provide additional context or instructions for each task
4. Track progress:
   * Move cards between columns as work progresses
   * Use labels to categorize tasks (e.g., "bug," "feature")
   * Add comments to cards to update status, ask questions, or provide feedback
   * Use keywords in commit messages to move cards (e.g., "Closes #123")
5. Monitor team contributions:
   * Review the "Activity" tab for updates
   * Use the "Insights" tab to view project analytics
   * Add comments to discuss project progress or address concerns
   * Encourage team members to comment on each other's work for collaboration
6. Collaborate through comments:
   * Use "@" mentions to notify specific team members in comments
   * Attach files or images to comments for additional context
   * Use markdown formatting in comments for better readability
   * Regularly review and respond to comments to maintain clear communication

By using GitHub Projects, you can effectively assign tasks, track progress, and monitor each team member's contributions throughout each sprint.

Refs

<https://www.atlassian.com/agile/kanban/boards>

<https://www.atlassian.com/devops/what-is-devops/devops-best-practices>

<https://www.youtube.com/watch?v=prtLgTJUnp0&t=120s>

<https://www.youtube.com/watch?v=oPQgFxHcjAw>

Open project example

<https://github.com/users/igitiit/projects/1/views/1>