4-week Sprint is longest according to Scrum

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week one	**SPM 1** <4h / **SPM 2** <4h	DSM 5-15m / 6h	DSM 5-15m / 6h	DSM 5-15m / 6h	DSM 5-15m / 6h	e.g. 08 / e.g. 12 / e.g. 16
Week two	DSM 5-15m / 6h = estimated development work capacity / 7.5h workday	DSM 5-15m / 6h	DSM 5-15m / 6h	DSM 5-15m / 6h	DSM 5-15m / 6h	e.g. 08 / e.g. 12 / e.g. 16
Week three	DSM 5-15m / 6h	DSM 5-15m / 6h	DSM 5-15m / 6h	DSM 5-15m / 6h	DSM 5-15m / 6h	e.g. 08 / e.g. 12 / e.g. 16
Week four	DSM 5-15m / 6h	DSM 5-15m / 6h	DSM 5-15m / 6h	DSM 5-15m / 6h	**Sprint Review** <4h / **Sprint Retrospective** <4h	e.g. 08 / e.g. 12 / e.g. 16

(Actually Scrum guide says one month, but 4-weeks is just 2.44 days less than an average month = ~one month. Less agile and rarely used. Maybe could be used in steady slow business based on the law and standards? The Tax Authority? Banking or Insurance? And even there not the feedback-based UX development, but specifications-based backend?)

((In real life again planning might be on Wed after having Tue for Review and Retro. Thus long-distance travelers could stay just one night in hotel))

<4h = 3h45mins, 3.5h, or 3h. Just memorize <4h. See the other schedules for more.

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Haaga-Helia

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