

CHECKLIST

The Sprint Health Check

A quick diagnostic for catching delivery problems before they show up in the release.

FORMAT

12 checks

TIME

20-30 min

WHO IT'S FOR

Delivery leads, product managers and teams running regular sprints

USE IT WHEN

Use partway through a sprint, or at a retro, when something feels off but it's hard to name.

01 Scope

- Has scope grown since the sprint started, without a conversation about it?
 - Is everyone working from the same understanding of what “done” means?
 - Are there hidden dependencies nobody flagged at planning?
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02 Flow

- Is work actually moving, or stuck in review and handoffs?
 - Where is work piling up right now?
 - Is anyone blocked and quietly waiting rather than raising it?
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03 Risk

- What's the one thing most likely to slip?
 - Has that risk been said out loud to the people who need to hear it?
 - What would we do differently if we knew this today instead of at the deadline?
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04 Morale

- Does the team feel like they're making progress, or just busy?
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- Is anyone carrying more than their share silently?

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- What would make the rest of this sprint feel more in control?
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This resource is deliberately lightweight. Adapt the language to your context and capture the decisions that follow.