

Time-Blocking Sprint Planner

25-minute focus sprints with built-in breaks.

Name: _____ Date: _____

#	Subject / Task	Notes	Sprint Done
1			○ ○ ○ ○
2			○ ○ ○ ○
3			○ ○ ○ ○
4			○ ○ ○ ○
5			○ ○ ○ ○
6			○ ○ ○ ○
7			○ ○ ○ ○
8			○ ○ ○ ○

Each sprint = 25 minutes focused work + 5 minute break. Take a longer 15-minute break after every 4 sprints.

End-of-Day Sprint Review