Scrum health & sprint workbook

A practical discussion tool for teams building, repairing, or automating software.

Use it online. Work through it together. Keep the evidence.

Complete eight questions, add your risk points, and choose the next useful intervention. Then turn your findings into a focused sprint plan and a shared Definition of Done.

Organization / project

Team / facilitator

Assessment date / next review date

How to use this workbook

1. Select one answer for each question on pages 2 and 3.
2. Add the eight scores and interpret the range on page 4.
3. Agree on actions and build a sprint plan on page 5.

Fillable in a compatible PDF reader, or print and write by hand. Save your completed copy. Scores are calculated manually in this PDF. This self-assessment is a discussion aid, not an audit, certification, or delivery guarantee.

Assess your delivery system

Questions 1-4 of 8. Select one answer per statement; higher scores indicate more risk.

1. Goal clarity

Everyone can explain the sprint outcome.

- ○ 0 Consistently
- ○ 1 Usually
- ○ 2 Sometimes
- ○ 3 Rarely or never

2. Backlog readiness

Work has clear acceptance criteria before it starts.

- ○ 0 Consistently
- ○ 1 Usually
- ○ 2 Sometimes
- ○ 3 Rarely or never

3. Scope discipline

New requests are evaluated against the sprint goal.

- ○ 0 Consistently
- ○ 1 Usually
- ○ 2 Sometimes
- ○ 3 Rarely or never

4. Continuous quality

Changes are integrated and tested throughout the sprint.

- ○ 0 Consistently
- ○ 1 Usually
- ○ 2 Sometimes
- ○ 3 Rarely or never

Bring a recent example to support each answer. Where views differ, capture the evidence and discuss it together.

Assess your delivery system

Questions 5-8 of 8. Select one answer per statement; higher scores indicate more risk.

5. User feedback

Real users or stakeholders review working software frequently.

- ○ 0 Consistently
- ○ 1 Usually
- ○ 2 Sometimes
- ○ 3 Rarely or never

6. Decision ownership

The team knows who resolves risks and approves releases.

- ○ 0 Consistently
- ○ 1 Usually
- ○ 2 Sometimes
- ○ 3 Rarely or never

7. Release readiness

Monitoring, documentation, and rollback are ready before release.

- ○ 0 Consistently
- ○ 1 Usually
- ○ 2 Sometimes
- ○ 3 Rarely or never

8. Learning follow-through

Retrospective actions have owners and are checked next sprint.

- ○ 0 Consistently
- ○ 1 Usually
- ○ 2 Sometimes
- ○ 3 Rarely or never

Bring a recent example to support each answer. Where views differ, capture the evidence and discuss it together.

Interpret & agree on action

Add the selected values from all eight questions. Total possible risk points: 24.

Total risk points / 24

0-6 | Strong foundations

Protect what works. Consider an Agentic Scrum Transformation pilot.

7-14 | Delivery friction

Address constraints. Consider a Product Build Program with delivery controls.

15-24 | Recovery priority

Stabilize priorities and releases. Consider a Scrum Recovery Sprint.

Prioritize your highest-scoring questions

Select up to three actions. If scores tie, address the greatest business risk first. Confirm the appropriate engagement in a discovery conversation.

Priority actions / evidence needed

Accountable owner / review date

Shape the next sprint

Illustrative ten-day cadence; scope and timing depend on discovery and dependencies.

Days 1-2: understand | 3-4: shape | 5-6: build | 7-8: validate | 9-10: learn

One user outcome / success measure

Smallest useful increment / scope boundary

Human decision owner / agent responsibilities / permissions

Definition of Done - verify the evidence

- [ ] Agreed user outcome works
- [ ] Acceptance criteria verified
- [ ] Automated tests pass
- [ ] Security and privacy checks pass
- [ ] Documentation current
- [ ] Monitoring and rollback ready
- [ ] Human product leadership accepts increment

Evidence pack: goal, working increment, quality report, decision record, learning actions.