

Writing Sprint Worksheet

Section 1: Sprint Setup

Date: _____

Project/Scene: _____

Goal for this sprint (words, pages, scene, etc.): _____

Timer length: _____ minutes

Section 2: Sprint Log

Sprint #	Start Time	End Time	Word Count Goal	Words Written	Notes
1					
2					
3					
4					

Section 3: Reflection

Total Words Written: _____

Biggest challenge today: _____

What worked well: _____

How I felt after sprinting: _____

What I'll try next time: _____

Section 4: Motivation Corner

Favorite writing quote: _____

Reward after completing sprints: _____