

Writing Sprint Worksheet (Fillable)

Section 1: Sprint Setup

Date:

Project/Scene:

Goal for this sprint:

Timer length (minutes):

Section 2: Sprint Log

Sprint #	Start	End	Word 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: