# Worksheet 3.2: 90-Day Sprint Canvas

*Companion to* Elastic Intelligence, *Chapter 3*

**Name:** _____ **Date:** _____

**How to use:** One page for one sprint (Chapter 3).

| Element | My sprint |
|---|---|
| Skill or capability | |
| Why it matters now | |
| Demonstration by Day 90 | |
| Learning sources | |
| Practice routine (when, where, how long) | |
| Feedback person | |
| Milestones: Day 30 / 60 / 90 | |
| Risks and how I will handle them | |
| Stop or pivot rule | |

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