

1-Week Creative Sprint Calendar

Start small. Stay focused. Check off your wins.

Use this calendar to track your creative progress for 7 days. Mark each task as complete to build momentum and confidence.

Day	Focus	Task	Complete
Day 1	Define & Set Up	Clarify your sprint goal. Complete your project brief. Create folders or moodboard.	[]
Day 2	Ideate & Outline	Sketch ideas, gather references, and make a rough outline or plan.	[]
Day 3	Create Core Assets	Start your main creative output—draft, design, or build.	[]
Day 4	Refine & Polish	Improve layout, structure, or flow. Simplify where needed.	[]
Day 5	Test or Preview	Share a WIP with a friend or community. Collect any feedback.	[]
Day 6	Finalize & Export	Package your work—make it presentable and ready for handoff or posting.	[]
Day 7	Share & Reflect	Publish, post, or archive. Write 3 key takeaways or insights.	[]