[A blue and white sign

Description automatically generated](https://www.smartsheet.com/try-it?trp=12151&utm_source=template-word&utm_medium=content&utm_campaign=Sample+Agile+Retrospective+Start,+Stop,+Continue+Template-word-12151&lpa=Sample+Agile+Retrospective+Start,+Stop,+Continue+Template+word+12151)**Agile Retrospective Start, Stop, Continue   
Template Example**

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| --- | --- | --- |
| **START** | **STOP** | **CONTINUE** |
| *What should we start doing?* | *What should we stop doing?* | *What should we continue doing?* |
| * Implement automated testing to improve efficiency and accuracy. * Conduct regular customer feedback sessions to better understand user needs. * Schedule weekly cross-functional meetings to ensure alignment between teams. | * Overload team members with too many tasks, leading to burnout. * Rely solely on manual testing, which is time-consuming and error-prone. * Delay code reviews until the end of the sprint, causing bottlenecks. | * Encourage open communication and collaboration among team members. * Use Agile methodologies to manage our sprints effectively. * Provide regular training and development opportunities to stay updated with industry trends. |

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