



1  
one

## NAME YOUR SPRINT.

You have up to 120 characters to name your sprint, although we recommend around 40 characters.

## ABOUT YOUR SPRINT.

Give some detail about what you will be teaching in your one-month sprint. For example, does each week have a specific topic/theme? Or are you looking to achieve one overarching goal over the month? We will have tickets available for sprints to start on the first Monday of the month. If you are going to have a unique start date, please make that part of your About section.



2  
two



3  
three

## ONE BRANDED GRAPHIC.

Include a high-res PNG or JPG graphic for your sprint branded to your business not Executive Mom Nest. Check out Beyond the Nest for inspiration. Aim for a 1080 px by 1080 px graphic.