



# Champion Sprint Pre-work

*Everything to set up before your live session. About 15 minutes.*

Complete the pre-work below before the session. We start building from minute 5. If your setup is not done, you will fall behind. Stuck? Post in the WhatsApp community (link at the end of this guide). Do not burn 30 minutes debugging alone.

## Session details

- Duration: 3 hours, live.
- Format: Hands-on. You build three n8n workflows: (1) an automated weekly report that pulls metrics from Postgres, asks Gemini to narrate them, and posts to Slack on a schedule, (2) a Slack-message bot that lets stakeholders ask plain-English data questions and replies in thread with an SQL-backed answer in under 30 seconds, and (3) a data-health-check gate that runs before the report ships and blocks bad numbers from reaching the channel.

## Pre-work checklist

Five steps. ~15 minutes end to end.

### 1. n8n Cloud Account (2 min)

n8n is the visual workflow builder. No code. Cloud is a 14-day free trial, no card. After the trial, self-host (free) or stay on Cloud paid. Either works for the Sprint.

1. Go to [app.n8n.cloud/register](https://app.n8n.cloud/register) and sign up. No card needed for the trial.
2. Click "+ New workflow" inside.
3. You will see an empty canvas. That is your workspace for the day.

✓ Done when empty workflow canvas is loaded.

### 2. Gemini API Key (4 min)

Primary LLM. Free, fast, no credit card required.

1. Go to [aistudio.google.com](https://aistudio.google.com) and sign in with your Google account.
2. Click "Get API key" in the top-left, then "Create API key".
3. A dialog opens asking you to pick a Google Cloud project. If you have one, select it. If not, click "Create new project", give it any name (e.g. "ai-way-sprint"), and confirm. Wait a few seconds for the project to be created.
4. Click "Create API key in existing project" and select your project.



5. Copy the key (starts with Alza...). Save in a password manager or somewhere you will find it. You cannot view it again after closing.

✓ Done when you have an Alza... key copied somewhere safe.

*Backup option. If your org blocks Google AI APIs, use Anthropic Claude Haiku. Instructions in the appendix at the end of this guide. Skip if Gemini works for you.*

### 3. Slack Workspace + #data-questions Channel (3 min)

1. Go to [slack.com/get-started](https://slack.com/get-started) and create a free workspace. Skip if you already have one you can install apps in.
2. Inside Slack, create a new channel called #data-questions.

✓ Done when you can see #data-questions in your sidebar.

### 4. Sprint Bot one-click install (4 min)

We use a Slack App manifest so you do not have to add OAuth scopes manually. One paste, done.

1. Open the manifest at [https://theaiway.in/deliverables/sprint\\_slack\\_app\\_manifest.yaml](https://theaiway.in/deliverables/sprint_slack_app_manifest.yaml) in a new tab and copy its contents.
2. Go to [api.slack.com/apps?new\\_app=1](https://api.slack.com/apps?new_app=1).
3. Click "From an app manifest".
4. Pick your workspace, then click Next.
5. Switch to the YAML tab. Delete what is there. Paste the manifest contents.
6. Click Next, then Create. Slack drops you on the "Basic Information" tab of your new app.
7. In the left sidebar, click "OAuth & Permissions".
8. Click the green "Install to Workspace" button at the top of that page, then click "Allow" on the consent screen.
9. You are back on "OAuth & Permissions". Copy the Bot User OAuth Token (starts with xoxb-...) and save it somewhere you will find it.
10. Open Slack, go into the #data-questions channel, and in the message box type /invite @Sprint Bot and press Enter. The bot joins the channel.

✓ Done when Sprint Bot appears as a member of #data-questions.

### 5. Pick one real business question (2 min)

Bring one report or data question from your actual job that you currently rebuild repeatedly.

Examples:

- What was last week's revenue by city?
- Why have weekly active users been declining for 3 weeks?



- Which marketing channel drove the most attributed orders?

If nothing comes to mind, use the default: "Why have weekly active users been declining in the final 3 weeks of the dataset?" The demo data runs Oct 2024 to Mar 2025 and has a real WAU decline story hidden in it.

- ✓ Done when you have your question written down in one line.

## What you get on the day

Workflow files. Three n8n skeletons. You wire the live logic in session. Do not import and run.

- Phase 2. Automated Weekly Report
- Phase 3A. Stakeholder Self-Serve Slack Bot
- Phase 3B. Automated Report + Data Health Check

Database access. Credentials shared in the session opening. Do not commit anywhere public.

## What you get after the session

Within 24 hours, by email (all attached, no clicking out):

- 6 Prompts AI Analysts Use (PDF)
- Walkthrough deck (PPTX)
- Your saved n8n workflow exports (JSON, all 3 phases, with your wiring)
- Certificate of completion (per-student)
- LinkedIn post draft template (PDF)
- Manager email template (PDF)
- Resume bullet template (PDF)

## Pre-work verification

Before the session, you should have all of this ready:

- ✓ n8n workflow canvas open
- ✓ Gemini API key copied (or Claude Haiku backup)
- ✓ Slack workspace and #data-questions channel
- ✓ Sprint Bot installed via manifest, invited to channel, Bot OAuth Token saved
- ✓ One real business question written down



If any item is not ready, post in the WhatsApp community (link below). Pre-work blockers are normal. Debugging during the session is too late.

## Day of the session

- 15 minutes before. Open n8n, Slack, your saved API keys.
- 5 minutes before. Join the Google Meet link (in your booking email and day-before reminder).
- 0 minutes. We start. No icebreakers. 5-minute cold open, then straight into building.

## n8n credential names (use exactly these)

When you create credentials in n8n during the session, name them exactly this so the workflow imports just work:

- Gemini account (for the Google Gemini node)
- Sprint DB (Postgres, Connection String mode)
- Slack account (for the Slack bot + report delivery)

## Appendix. Anthropic Claude Haiku alternative

If Gemini is blocked at your org:

1. Go to [console.anthropic.com](https://console.anthropic.com) and sign up. Small free credit on signup. Card only needed once you exhaust the free credit.
2. API Keys, then Create Key. Save the sk-ant-... token.
3. In the n8n session, swap the Google Gemini node for the Anthropic node. Rwitapa walks through the swap during the session if needed.

### Join the WhatsApp community

Lifetime access. Pre-cohort prep, alumni wins, weekly AI-for-analytics drops. Get unstuck during pre-work. Share what you ship after the Sprint.

[Join the community »](#)

## Questions before the session?

- WhatsApp community (above). Drop your question, get unstuck fast.
- Email: [rwitapa@theaiway.in](mailto:rwitapa@theaiway.in)