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# What is the Basis of Our Estimating Process?

The basis of this discussion is “Team based relative size estimates” or Story Point estimation and this list assumes that as a basis. This page is all about estimating User Stories (the requirement), not tasks associated with User Stories although a lot of the ideas could easily be carried onto the task estimation in hours. From there the assumptions are:

- We do relative size estimates (how big something is in relation to something else) estimates, not duration (how long something takes).
- We use a team based approach to estimation such as planning poker or affinity (triangulation based) estimation
- We have the people doing the work doing the estimates
- We use the modified Fibonacci sequence (1, 2, 3, 5, 8, 13, 20, 40, 100) for estimating
- All data we collect can and should be used to understand what and how we are doing so that we can get better.

it is with delving into the notion of a relative size estimate for a moment. Most traditional estimates are based on duration, and that leads to a whole bunch of problems (see . But using

For more information on the basis of the process see [Planning Poker for Estimates from Mike Cohn](#). And if you want to understand the scientific basis of this approach see [Why Do We Use a Story Point and Relative Sizing to Estimate](#).

[Team](#), [Estimates](#), [Forecast](#), [FAQ](#), [Points](#), [EstimationApproach](#)

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