1. Product Backlog
   The Product Backlog contains a wish list of all the User Stories of a product.

2. Release Backlog
   The goal of a given release is to deliver a subset of the Product Backlog, known as the Release Backlog.

3. Sprint Backlogs
   Each Sprint (or short duration milestone) takes a small chunk of the Release Backlog and gets it Ship-Ready!

4. Burndown Chart
   The progress of the team is monitored using a Burndown Chart.

5. Daily Scrum Meetings
   Short daily standup meetings ensure everything is on track and everyone has the tools they need.

6. Sprint Retrospective
   After each sprint, a longer retrospective meeting helps fine-tune the process.

Team Roles:

- **Product Owner**: Is responsible for what goes into the product backlog and prioritizes it. Would probably make a good dictator if given the chance.

- **Scrum Master**: A team facilitator. Ensures teams have what they need to get the job done. Also, sets up meetings and monitors everything. Also, kicks ass when necessary.

- **Developers & Testers**: They write code and make sure it does what it’s suppose to do. Duh!

For more info:
**Intro to Scrum Video**: www.axosoft.com/scrumvideo

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**Estimation Techniques:**

- **Hours**: When estimating work, it's important to have the entire team use some standards. Use 1h, 2h, 4h, 8h, etc. No estimations in-between.

- **Story Points**: You can also estimate work in comparison to the complexity of a well known but simple component.

Remember that in Scrum, the estimates are only part of the story. The Burndown Velocity is the true indicator of whether or not the project is on track.