

What are they?

- Units of measure for expressing an estimate of the overall effort required to fully implement a product backlog item or any other piece of work.

Good practices for points

- Ask questions
 - What is the complexity of the work?
 - How much effort is needed?
 - What technical abilities or knowledge is required by the team?
 - Are there any risks?
 - What is the definition of done?
 - Any unforeseen problems?