Let's create a high-level plan and estimate for a hypothetical project using Agile methods. For this example, let's assume we're building a simple task management application.

**Project Name : Task Manager App**

**Project Description:**

- Develop a task management application that allows users to create, view, update, and delete tasks. Tasks can be categorized, prioritized, and assigned to users.

**Agile Methodology:Scrum**

**1. Backlog Creation:**

- As a first step, we'll create a product backlog containing all the features and user stories for the task management application. The product backlog will be continuously refined and updated throughout the project.

**Product Backlog:**

1. User can create a new task

2. User can view a list of tasks

3. User can update an existing task

4. User can delete a task

5. Tasks can be categorized

6. Tasks can be prioritized

7. Tasks can be assigned to users

8. User can search/filter tasks

9. User can set due dates for tasks

10. User can mark tasks as completed

**2. Sprint Planning:**

- We'll plan our development work in two-week sprints, with a focus on delivering working software increments at the end of each sprint.

- For each sprint, we'll select a subset of user stories from the product backlog based on priority and estimated effort.

**Sprint 1:**

- Select backlog items 1, 2, 3, 4

- Sprint Goal: Basic task CRUD functionality

**Sprint 2:**

- Select backlog items 5, 6, 7

- Sprint Goal: Task categorization, prioritization, and assignment

**Sprint 3:**

- Select backlog items 8, 9, 10

- Sprint Goal: Additional features and enhancements

**3. Estimation:**

- We'll estimate the effort required to complete each user story using story points, a relative estimation technique.

**Story Points Estimation:**

- We'll use a scale of 1, 2, 3, 5, 8, 13, 20, 40, 100 for story points estimation, where 1 represents the smallest effort and 100 represents the largest.

**Estimation Results:**

1. User can create a new task - 3 story points

2. User can view a list of tasks - 2 story points

3. User can update an existing task - 3 story points

4. User can delete a task - 2 story points

5. Tasks can be categorized - 5 story points

6. Tasks can be prioritized - 3 story points

7. Tasks can be assigned to users - 5 story points

8. User can search/filter tasks - 8 story points

9. User can set due dates for tasks - 3 story points

10. User can mark tasks as completed - 2 story points

**4. Execution:**

- Development work will begin according to the sprint plan, with daily standup meetings held to track progress, discuss any impediments, and ensure alignment within the team.

**5. Review and Retrospective:**

- At the end of each sprint, we'll conduct a sprint review to demonstrate the completed functionality to stakeholders and gather feedback.

- We'll also hold a sprint retrospective to reflect on the sprint, discuss what went well and what could be improved, and identify actionable improvements for future sprints.

This high-level plan and estimate provide a starting point for the Agile project, with a focus on iterative development, continuous improvement, and delivering value to stakeholders.

Throughout the project, the team will adapt and adjust their plans based on feedback, changing requirements, and emerging priorities, ensuring successful project delivery.