

# NIH SPECIFIC AIMS PAGE CHECKLIST

- Limit to one page
- Develop 2 or 3 related, but independent, Aims
- Identify a critical knowledge gap
- Explain significance to science/health clearly
- Include a rationale for proposed work
- Tie preliminary data to Aims
- Add only the most important background info
- State an explicit central hypothesis
- Make sure Aims test the hypothesis
- Limit jargon and abbreviations
- Mention novelty/innovation
- Use strong verbs
- For K grants, make sure to mention training on Aims page and which Aims in which period (K99 vs R00)



**Strong verbs:** isolate, determine, identify, define, discover, elucidate, ascertain  
**Weak verbs:** examine, explore, evaluate, study, investigate