



**Project Proposal Worksheet:** [Name of Project]  
[Your Name]

**1. Background Statement (200 words max)**

Situate your project in its relevant theoretical or practical context. Describe how it relates to your current work, or to the larger problem that interests you.

**2. Goal of the Project (200 words max)**

What question(s) does your project seek to answer, or what problem(s) does it aim to solve?

**3. Target Population (200 words max)**

Describe the target population for your project, and why you chose them. Who will the project benefit? Example: young women of color ages 16 – 24.

**4. Key Stakeholders (list form)**

List all of the individuals and organizations, if applicable, that will facilitate the success of the project, e.g. individuals from the target population, foundations, service providers, etc. and whether or not you have established contact with the individual or organization already.