## **Worksheet 1F: Articulating your Hypothesis**

| **Guiding Questions for Articulating your Hypothesis:**Dosage: * How much of your program are participants receiving?
* How frequently do they participate?
* How much time do they spend participating per week/month?

Duration: * For how long do participants receive your program’s services?

Be specific and include the **dosage** and **duration** for the program components.  | *A hypothesis is a summary statement that captures* ***what you think you can achieve with the target population*** *who receive the core components of the program.* |
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| The following formula can be used to articulate your hypothesis:*If we serve [target population] with [services at X dosage and Y duration] then we can achieve [statement of outcomes].***If:** Click here to enter text.**Then:** Click here to enter text. |
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| Example Hypothesis:*IF* we engage low-income youth of color from Richmond in hands-on skill building, education on relevant and local environmental issues, and service projects that help their communities,*THEN* they will feel more comfortable and spend more time outdoors, demonstrate responsible environmental stewardship behaviors, and continue to learn about and engage with local environmental issues. |