Your research proposal	
1. What do you want to know more about?	Evaluate a service or find out what people think
2. What are your objectives?	Headlines or policy influence?
3. What is your budget?	Can you afford a quick poll or a high quality survey?
4. What kind of research matches these requirements? (see checklist)	Poll, survey, qualitative, evaluation?
How will you get this into the press?	
1. Does your research answer the right questions?	Desk research and will you involve a journalist from the start?
2. What is the angle?	Wider implications? Features or news pages?
3. Will you offer exclusives?	Data exclusives or on the entire report?
4. What content can you create in addition to traditional media materials?	Create your own visualisation or work with media partner?
5. What is the embargo?	What is your target outlet? How far in advance will you share your research? Is it likely to be broken?
6. Can you explain your method?	One or two simple sentences