

NIH K99/R00 planning workbook

Four pages to fill in as you plan: a route and eligibility check, a worksheet on what moves to the R00, an attachment tracker, and the submission and R00 timeline. Tick a box only once you've checked it against the current opportunity and your own record. This workbook doesn't decide eligibility; NIH does.

Pick the route

PA-24-194

Independent clinical trial not allowed

The candidate will not lead an independent clinical trial. A research experience in a trial led by a mentor or co-mentor can be permitted.

PA-24-193

Independent clinical trial required

The candidate proposes to lead an independent clinical trial, clinical trial feasibility study, or ancillary clinical trial.

BESH. PA-24-195, the BESH-required route, expired May 25, 2026. NIH no longer treats BESH as a clinical trial, so BESH without a separate NIH-defined clinical trial now goes to a Clinical Trial Not Allowed or Optional notice. For the parent K99/R00, that is PA-24-194.

Eligibility under the parent notices

☐ Participating Institute or Center and mission fit confirmed.

☐ Postdoctoral research time calculated at the relevant due date.

☐ Qualifying leave, clinical time, or part-time research documented.

☐ Candidate remains in a mentored, non-independent position.

☐ At least 12 months of K99 development is still needed at award.

☐ Doctoral degree and prior-award rules checked in the notice.

☐ Visa duration can support both phases, if applicable.

☐ Internal deadline, registrations, references, and who submits confirmed.

Research-time calculation

Institute or Center contact or confirmation

NCI is separate. NCI no longer receives applications through the three parent notices. Current NCI K99/R00 opportunities use separate dates and a six-year research-experience window.

2027. Both parent notices expire May 8, 2027. For due dates on or after October 12, 2027, NIH replaces the K99 with a new KT1/R00 award, so check which notice is active before you plan a 2027 cycle.

Open eligibility or policy questions

Check parent rules in [PA-24-194](#) and NCI routing in [NOT-CA-25-021](#) and [PAR-25-135](#).

What moves to the R00

For each area, write what mentorship makes possible during the K99, what you'll own in the R00, and what agreement makes the move feasible. This is our own planning method, not an NIH scoring formula.

Area	What the K99 must show	What the R00 must show	Agreement or evidence
Scientific question	What the candidate must learn or establish with mentorship.	The distinct question the candidate will own as an independent investigator.	State the intellectual boundary between mentor and candidate.
Methods and capability	Training activity, mentor, access, cadence, milestone, and evaluation.	How the new capability enables the independent program rather than only the mentored experiments.	Name which methods, protocols, code, or expertise can travel.
Data and materials	Datasets, cohorts, samples, reagents, equipment, and permissions used during K99.	Independent access, replacement plan, or written permission for each dependency.	Record ownership, access conditions, transferability, and backups.
People and environment	Mentor team and institutional resources needed during development.	The hiring institution's space, protected time, staff, collaborators, and support.	Separate continuing collaboration from supervisory dependence.

A made-up example. K99: learn longitudinal causal methods using a mentor-owned clinical cohort. R00: pursue a distinct outcome with a separately accessible public cohort and candidate-owned code. Agreement: identify which methods and nonrestricted code can travel, plus a backup data path.

Check that three documents agree

Candidate plan

States the development need and independent destination.

Research strategy

Shows how K99 work enables a viable R00 program.

Mentor statement

Names scientific separation and portable resources.

Transition and portability requirements: [Source A](#) and [Source D](#).

Attachments

For each file, note who drafts it and what's still open. The same transition should read the same way in every file. The 12-page limit is shared by the candidate-information attachment and the Research Strategy.

Attachment and what it covers	Limit	Drafted by, and open issues
Candidate Information and Goals for Career Development plus Research Strategy One coherent transition across background, goals, development activities, K99 research, R00 research, and scientific separation.	12 pages combined	Candidate with mentor feedback
Specific Aims Aims spanning both phases, with the mentored-to-independent transition visible.	1 page	Candidate
Training in the Responsible Conduct of Research Format, subject matter, faculty participation, duration, and frequency.	1 page	Candidate and institution
Plans and Statements of Mentor and Co-mentor(s) Supervision, development, transition support, and a specific statement of what research, resources, and reagents the candidate may take.	6 pages	Mentor team
Letters of Support from Collaborators, Contributors, and Consultants Signed, role-specific commitments from contributors who are not covered by the mentor statement.	6 pages	Named contributors
Description of Institutional Environment The specific environment, faculty, resources, and opportunities that enable the proposed development.	1 page	K99 institution
Institutional Commitment to Candidate's Research Career Development Protected effort, appointment, time, facilities, resources, and institutional support independent of receiving the award.	1 page	Authorized institutional official

Reference letters. The K99 activity-code page lists a minimum of three and a maximum of five. They're separate from role-specific letters of support. Follow the active opportunity and NIH's process.

Attachment instructions: [Forms-I career-development guide](#). Limits: [current NIH page-limit table](#). References: [Source F](#).

Submission and R00 transition

Next listed cycles under the parent notices

New application due	Resubmission due	Earliest start
October 12, 2026	November 12, 2026	July 2027
February 12, 2027	March 12, 2027	December 2027

1. 12 weeks before

Select the clinical-trial route, confirm a participating Institute or Center, calculate postdoctoral research time, document any extension, check mentored status and prior awards, and record the internal deadline.

2. 10 weeks before

Define the independent program in one paragraph. List every scientific, data, material, method, and personnel dependency that connects it to the mentor's program.

3. 8 weeks before

Turn each remaining dependency into a K99 development action, named provider, cadence, milestone, and portable R00 capability.

4. 6 weeks before

Reconcile the Specific Aims, candidate narrative, career development plan, research strategy, and mentor portability statement. Resolve conflicting ownership language.

5. 4 weeks before

Obtain role-specific commitments, confirm protected effort, verify institutional resources, and collect three to five reference letters through the NIH process.

6. 2 weeks before

Run notice, page-limit, attachment, accessibility, citation, privacy, budget, registration, and internal-routing checks with the authorized grants office.

7. After award

Treat R00 activation as a managed transfer. NIH strongly encourages contacting the program official as plans develop and no later than six months before K99 termination; the R00 institution should submit at least two months before the proposed activation date.

R00 activation

6 months

Contact program official no later than this before K99 termination

2 months

R00 application due before proposed activation

\$249,000

Parent R00 annual total-cost ceiling, including indirect costs

NIH sources, checked October 1, 2026

A. Parent K99/R00 notice PA-24-194

[Open source](#)

B. Parent K99/R00 notice PA-24-193

[Open source](#)

C. NIH notice NOT-OD-26-067: Implementation of changes for basic experimental studies with humans

[Open source](#)

D. How to Apply: Career Development Instructions for NIH and Other PHS Agencies, Forms-I

[Open source](#)

E. Table of Page Limits

[Open source](#)

F. Career Transition Award activity code K99

[Open source](#)

G. NCI discontinuation notice NOT-CA-25-021

[Open source](#)

H. NCI K99/R00 notice PAR-25-135

[Open source](#)

I. NIH notice NOT-OD-26-098: updates to NIH career development (K) programs

[Open source](#)

J. NIH notice NOT-OD-24-086: FORMS-I application packages

[Open source](#)

K. Expired parent K99/R00 notice PA-24-195 (BESH required)

[Open source](#)

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