Faculty are expected to utilize $\geq 10\%$ effort for every $\$100,000$ of direct costs per year from grants or contracts, should the funding agency allow this level. If not, the maximal allowable $\%$ effort should be utilized. This metric should be listed at the time of grant submission, and, maintained through the life of the grant. For example, a grant that provides for $\$300,000$ of direct costs, the principal investigator should devote $30\%$ effort for that grant. Regardless of the direct costs, for all R01 grants principal investigators should devote a minimum of $25\%$ effort.