https://overnightessay.com/blog/research-paper-outline-simple-principles-and-good-examples/

Full-Sentence outline template

TITLE

- I. Full-sentence outline headings shouldn't consist of words or phrases.
 - a. Full-sentence outline headings and subheadings should consist of full sentences.
 - i. The structure is the same as in alphanumeric outline.
 - ii. Each new heading and subheading should represent a separate completed thought.
- II. Full-sentence outlines might take much time but t significantly eases the process of writing.