Standard Approach

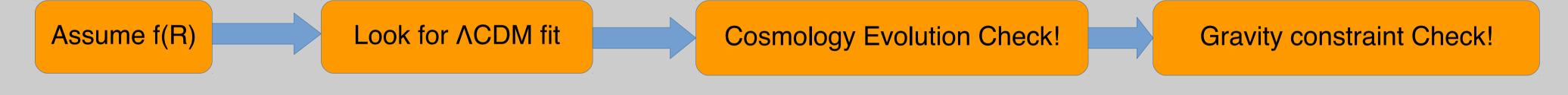Assume f(R) → Look for ΛCDM fit → Cosmology Evolution Check! → Gravity constraint Check!

Designer Approach

Take Scale factor evolution $a(t)$ → Derive f(R) form → Gravity constraint Check!