

FRASE AI TEMPLATE BLUEPRINT

PARAGRAPHS FROM BACKGROUND

In this blueprint, you'll learn how to use both the FREE and Pro versions of this template, and how this template might fit into your workflow. The next few pages include some sample input and output for the template. Be very careful with your input. Study the following examples and analyze them carefully. Why? So you can achieve better results. In more than 95% of cases, people who get poor output after 3 generations had poor input. That's why it's critical to fully understand what type of input a template expects before you start using it. Join the [Frase Facebook group](#) if you have questions or are struggling.

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INSTRUCTIONS AND WORKFLOW SUGGESTIONS

The Frase AI template "Paragraphs from Background" is designed to write multiple paragraphs on a subtopic using a background that you supply. What's interesting is that the background can be in any format you want. You can paste several paragraphs (even from a competitor), a list of bullet points, a numerical list, etc.

When should you use this template in your workflow? Here are a couple situations: 1) You could use it to rewrite your competitors' content, making it unique and your own. 2) You could take notes from various sources for the subheading H2 and then feed all those notes into this template for one glorious output. 3) You could leave the background static and change up the H2 for different times or purposes (e.g. for a higher level concept of a particular product, keeping the background the same, you could vary up the sub-concept such as 'best gift for father's day' or 'best present for Christmas' to get tailored output for different seasons). 4) You could use it to rewrite poorly written content from old blog posts on your website or client websites.

Notes: It's always hard for an AI to rewrite content so I had the free and pro templates do four generations. If the AI knows more about a topic, then it will pad the output with what it knows. Sometimes the AI injects data that isn't true (e.g., a price of a product), which an edit can correct. That's just the nature of AI with factual content. Finally, this template isn't designed for super-detailed things such as a step-by-step guide on how to take apart a car engine.

Matt Zimmerman

RankingTactics Founder & CEO

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RESOURCES TO HELP YOU

The following resources will help you in your content generation workflow while using Frase.

Need Frase? Use code "rankingtactics" and our affiliate [link](#) for a great deal.

Frase Beginner to Master Course

Includes more than 8 hours of expert training on using Frase from an SEO perspective, creating your own AI template, and a heck of a lot more!

www.rankingtactics.com/frase-course

Frase Pro Templates

Virtually all of my templates have a free and pro version. The free version is found in the Frase community template section. But if you want the best possible output, then get the pro template.

www.rankingtactics.com/frase-pro-templates

PARAGRAPHS FROM BACKGROUND: EXAMPLE 1

Blueprint - Free Template

Input

Title: Karcher S 6 Twin Walk-Behind Outdoor Hand Push Yard Sweeper

Heading: Our Thoughts on the Karcher Walk-Behind Sweeper

Background: Whether it is spring, summer, autumn or winter – the new S 6 Twin sweeper from Kärcher is suitable for year-round cleaning all around the home and garden. It is effective: Thanks to its powerful roller brush, its two side brushes and a sweeping width of 33.9" in total, it easily sweeps areas of up to 32,000 f² in an hour. It is ergonomic: The push handle can be set to two positions without having to stoop and can be optimally adapted to the height of the respective user. And it is clean: The waste lands directly in the 10 gallon waste container, which keeps you clean when emptying. Another highlight is the additional height adjustment of the side brush, which makes it possible to adapt the contact pressure to the waste – and therefore optimal sweeping results. The S 6 Twin can also be fully collapsed thanks to a footplate on the frame and stored in a space-saving manner. The sweeper is ready for use in no time thanks to its tool-free side brush attachment.

Output

We've had our hands on this walk behind sweeper for quite awhile now, and we absolutely love it. We think it's great for anyone who needs a little extra help getting rid of leaves and debris in their yard.

This sweeper is pretty big, so if you have a large yard, you might not want to buy it. However, if you only have a small backyard, this is a great option.

There are lots of options available for this kind of sweeper, including models that come with attachments for raking leaves and grass clippings. You'll find those at most hardware stores.

You'll also find models that include a bagger for collecting trash. Those bags are usually made out of plastic and hold up well.

Another nice feature of this model is that it comes with a telescoping handle. This means that you can adjust the length of the handle depending on your height.

As far as price goes, this model retails for \$299.99. That's a lot less expensive than some of the other models on the market.

Overall, we think this is a great choice for anyone who wants to keep their yard looking neat and tidy.

-- Grade: D

-- Comments: Even with four generations, this was the best it could do. Maybe it was have an off day, but I expected better output. It says that it's not great for a large yard, and there are optional attachments you can find at a hardware store for it, and the price is only \$299.99. It's just too much incorrect data to edit out. I have had better output in the past, so maybe I'd try generating a few more times to get something better. Also, something I noticed was if you just put "our thoughts" in as the sub-concept, it doesn't use "we..." in the output. To get it to write as if you actually used the product, you'd need the sub-concept as written. That's not a knock, but just an observation which may help you in your generations.

PARAGRAPHS FROM BACKGROUND: EXAMPLE 1

Blueprint - Pro Template

Input

Title: Karcher S 6 Twin Walk-Behind Outdoor Hand Push Yard Sweeper

Heading: Our Thoughts on the Karcher Walk-Behind Sweeper

Background: Whether it is spring, summer, autumn or winter – the new S 6 Twin sweeper from Kärcher is suitable for year-round cleaning all around the home and garden. It is effective: Thanks to its powerful roller brush, its two side brushes and a sweeping width of 33.9" in total, it easily sweeps areas of up to 32,000 f² in an hour. It is ergonomic: The push handle can be set to two positions without having to stoop and can be optimally adapted to the height of the respective user. And it is clean: The waste lands directly in the 10 gallon waste container, which keeps you clean when emptying. Another highlight is the additional height adjustment of the side brush, which makes it possible to adapt the contact pressure to the waste – and therefore optimal sweeping results. The S 6 Twin can also be fully collapsed thanks to a footplate on the frame and stored in a space-saving manner. The sweeper is ready for use in no time thanks to its tool-free side brush attachment.

Output

We've had our hands on the Karcher S 6 Twin walk behind outdoor hand push yard sweeper for quite awhile now. We really liked how well it performed during testing, and we think it would be great for anyone who needs a high performance sweeper.

This sweeper comes equipped with a powerful roller brush, two side brushes and a sweep width of 33.9". All of those elements combine to make this sweeper extremely effective at clearing debris from large areas quickly.

The push handle can be adjusted to two positions without having bend down and can be optimized to fit the height of the person using it. The sweeper also has a built-in waste bin that holds 10 gallons of waste. You won't have to empty the bin every single time you use the sweeper.

Another feature worth mentioning is the ability to adjust the contact pressure between the brush and the ground. This means that you can change the force used to sweep the surface, depending on the type of material being swept. This is especially helpful if you have hard surfaces that require less force to sweep than grassy lawns.

Overall, we found the Karcher S 6 twin walk behind outdoor hand push sweeper to be a solid performer. It was easy to use and did a great job of getting rid of leaves and debris. We'd recommend it to anyone looking for a high performing sweeper.

-- Grade: A+

-- Comments: *I was very impressed with the output. It naturally flows well and sounds extremely well written with a great first person vibe.*

PARAGRAPHS FROM BACKGROUND: EXAMPLE 2

Blueprint - Free Template

Input

Title: Karcher S 6 Twin Walk-Behind Outdoor Hand Push Yard Sweeper

Heading: Great for Cleaning Leaves Off Your Lawn

Background:

Whether it is spring, summer, autumn or winter – the new S 6 Twin sweeper from Kärcher is suitable for year-round cleaning all around the home and garden. It is effective: Thanks to its powerful roller brush, its two side brushes and a sweeping width of 33.9" in total, it easily sweeps areas of up to 32,000 f² in an hour. It is ergonomic: The push handle can be set to two positions without having to stoop and can be optimally adapted to the height of the respective user. And it is clean: The waste lands directly in the 10 gallon waste container, which keeps you clean when emptying. Another highlight is the additional height adjustment of the side brush, which makes it possible to adapt the contact pressure to the waste – and therefore optimal sweeping results. The S 6 Twin can also be fully collapsed thanks to a footplate on the frame and stored in a space-saving manner. The sweeper is ready for use in no time thanks to its tool-free side brush attachment.

Output

This karcher outdoor hand push yard sweeper is great for getting leaves off your lawn. It's got everything you need to sweep up leaves and debris quickly and effectively.

With its powerful roller brush, two side brushes and a wide sweeping width of 33.9", it's able to sweep up areas of up to 32 thousand square feet per hour.

Its ergonomically shaped push handle can be adjusted to two positions without having stoop down.

Thanks to the additional height adjustment of its side brush, it's possible to adapt the contact force to the waste - and therefore optimal sweeping results are achieved.

Another highlight is the additional height adjustability of the side brush, allowing you to adapt the contact pressure depending on the waste - and therefore achieving optimal sweeping results.

The sweeper is also completely collapsible thanks to a foot plate on the frame and can be stored in a space saving manner.

So whether it's spring, summer, autumn, or winter, the new S 6 Twin from Karcher is suitable for year round cleaning all around the home & garden.

-- Grade: A

-- Comments: *The output is spot on and very usable. I wish it has a better "flow" but a slight edit here or there could fix it. Otherwise, it works and it's very good from a usability standpoint.*

PARAGRAPHS FROM BACKGROUND: EXAMPLE 2

Blueprint - Pro Template

Input

Title: Karcher S 6 Twin Walk-Behind Outdoor Hand Push Yard Sweeper

Heading: Great for Cleaning Leaves Off Your Lawn

Background:

Whether it is spring, summer, autumn or winter – the new S 6 Twin sweeper from Kärcher is suitable for year-round cleaning all around the home and garden. It is effective: Thanks to its powerful roller brush, its two side brushes and a sweeping width of 33.9" in total, it easily sweeps areas of up to 32,000 f² in an hour. It is ergonomic: The push handle can be set to two positions without having to stoop and can be optimally adapted to the height of the respective user. And it is clean: The waste lands directly in the 10 gallon waste container, which keeps you clean when emptying. Another highlight is the additional height adjustment of the side brush, which makes it possible to adapt the contact pressure to the waste – and therefore optimal sweeping results. The S 6 Twin can also be fully collapsed thanks to a footplate on the frame and stored in a space-saving manner. The sweeper is ready for use in no time thanks to its tool-free side brush attachment.

Output

This karcher outdoor hand push lawn sweeper is great for cleaning leaves off your lawn. It's got everything you need to keep your yard tidy throughout the seasons.

The new S 6 Twin sweeping machine from Karcher is made for year round cleaning. Whether it's spring, summer, autumn, or winter, the new S 6 Twin is suitable for year-around cleaning. It's got everything needed to sweep up debris, including a powerful roller brush, two side brushes, and a sweeping width of up to 33.9". It's also ergonomically designed with a push handle that can be adjusted to two positions without having bend down and can be optimized to fit the height of the person using it.

Another feature that makes this karcher outdoor hand pushed lawn sweeper stand out is the ability to adjust the side brush height. This allows you to adapt the contact pressure between the brush and the ground to suit the waste being swept. This means that you'll get optimal sweeping results every time.

With the added height adjustment of the side brushes, you can also optimize the contact pressure between the brushes and the ground. This ensures that you get optimal sweeping results every single time.

And lastly, the S 6 Twin comes with a 10 gallon waste bin that stores all of the debris collected during the sweeping process. You won't have to worry about clogging drains or overflowing trash cans anymore.

The S 6 Twin is also compact enough to store away when not in use. All you have to do is fold it up and place it in the storage compartment at the base of the unit. No tools required!

-- Grade: A+

-- Comments: I love the output. It's basically ready to publish. Superb job.

PARAGRAPHS FROM BACKGROUND: EXAMPLE 3

Blueprint - Free Template

Input

Title: Karcher S 6 Twin Walk-Behind Outdoor Hand Push Yard Sweeper

Heading: Great Father's Day Gift

Background:

Whether it is spring, summer, autumn or winter – the new S 6 Twin sweeper from Kärcher is suitable for year-round cleaning all around the home and garden. It is effective: Thanks to its powerful roller brush, its two side brushes and a sweeping width of 33.9" in total, it easily sweeps areas of up to 32,000 f² in an hour. It is ergonomic: The push handle can be set to two positions without having to stoop and can be optimally adapted to the height of the respective user. And it is clean: The waste lands directly in the 10 gallon waste container, which keeps you clean when emptying. Another highlight is the additional height adjustment of the side brush, which makes it possible to adapt the contact pressure to the waste – and therefore optimal sweeping results. The S 6 Twin can also be fully collapsed thanks to a footplate on the frame and stored in a space-saving manner. The sweeper is ready for use in no time thanks to its tool-free side brush attachment.

Output

This Karcher S 6 Twin outdoor hand push yard sweeper is great for any dad out there. It's compact, lightweight and comes with a handy carry bag for storage. Plus, it's super easy to use and cleans up quickly.

With its powerful roller brush, two side brushes and sweeping width of 33.8", it's able to sweep up to 32,000 square feet per hour. It's ergonomically designed and can be adjusted to fit users of varying heights. It's also completely dust-proof and comes with a 10 gallon waste bin.

You'll never run out of room to store this handy little sweeper thanks to its collapsible design. Simply fold down the footplate and slide the unit into place. You can also adjust the height of the side brushes to suit the needs of the person using it.

Give Dad a gift he won't soon forget with this handy Karcher S 6 Twin walk behind outdoor hand push lawn sweeper.

– *Grade: B+*

– *Comments: The output is good and there is nothing technically wrong with it. I just wished that used the context of a great father's day gift more in the output.*

PARAGRAPHS FROM BACKGROUND: EXAMPLE 3

Blueprint - Pro Template

Input

Title: Karcher S 6 Twin Walk-Behind Outdoor Hand Push Yard Sweeper

Heading: Great Father's Day Gift

Background:

Whether it is spring, summer, autumn or winter – the new S 6 Twin sweeper from Kärcher is suitable for year-round cleaning all around the home and garden. It is effective: Thanks to its powerful roller brush, its two side brushes and a sweeping width of 33.9" in total, it easily sweeps areas of up to 32,000 f² in an hour. It is ergonomic: The push handle can be set to two positions without having to stoop and can be optimally adapted to the height of the respective user. And it is clean: The waste lands directly in the 10 gallon waste container, which keeps you clean when emptying. Another highlight is the additional height adjustment of the side brush, which makes it possible to adapt the contact pressure to the waste – and therefore optimal sweeping results. The S 6 Twin can also be fully collapsed thanks to a footplate on the frame and stored in a space-saving manner. The sweeper is ready for use in no time thanks to its tool-free side brush attachment.

Output

This Karcher S 6 Twin walk behind outdoor hand push lawn sweeper is great for any dad out there. It's got everything he needs to keep his yard clean throughout the year.

The powerful roller brush is ideal for sweeping large areas quickly. Its two side brushes and sweeping width of 33.8" in total sweep up to 32,000 square feet per hour. It's ergonomically designed, so you won't have to bend down to use it. Plus, the push handle can be adjusted to two positions without having stoop.

The S 6 Twin comes with a 10 gallon waste bin that holds all of the debris that the sweeper collects. You can empty it right away using the convenient pullout waste bin.

Another highlight is the additional height adjustability of the side brush. This means you can adjust the contact pressure to the debris - and therefore optimal sweeping results - depending on how dirty the area is.

The sweeper is ready for immediate use thanks to its tool-less side brush attachment. Simply attach it to the machine and start sweeping.

This Karcher S6 Twin walk behind outdoor hand pushed lawn sweeper is a great gift idea for dads everywhere.

-- Grade: A+

-- Comments: *I feel this is a great product recommendation for the context of father's day. The AI template used the data from the input and then spiced things up for the context of a gift for dad. Fantastic!*

PARAGRAPHS FROM BACKGROUND: EXAMPLE 4

Blueprint - Free Template

Input

Title: Just Smarty Interactive Alphabet Wall Chart for Toddlers

Heading: Our Thoughts on the Just Smarty Interactive Alphabet Wall Chart for Toddlers

Background:

Educational Toy for Early Childhood Development – Lets toddlers and preschool children learn the alphabet, words, numbers, and spelling. Great learning toy for toddlers 1-3 years old

- Intuitive Fun Learning – The interactive educational features of this alphabet chart will help your little one to develop new memory skills, spelling, and logic ability needed for preschool and beyond. By far one of the best toddler learning toys on the market
- Musical - Sing along and dance to nine popular children's songs
- Great Addition to Your Children's Room Décor – This interactive ABC wall chart will complement your child's room or game room. Colorful attractive design will engage and provide hours of fun exploration and learning for your little preschooler
- Doesn't Take Space and Easy to Use – Simply hang it on a wall using the complementary hook where your toddler can reach. No messy learning toys to clean up. Comes with batteries and automatically shuts off to preserve battery life
- Learn through play - 5 activities to build core skills through fun learning methodologies

Output

We really liked the Just Smarty Interactive ABC Wall Chart for Toddlers. We thought it was great for early childhood development and we loved its intuitive fun learning features. Our son loves playing with it and he learned his letters and numbers while doing so. He especially enjoyed singing along with the music feature.

This interactive alphabet wall chart comes with 9 popular children's songs. You can sing along with your kid and encourage him/her to practice reading and writing. There's also a musical feature that plays 9 popular children's songs and teaches your child to count and spell.

This interactive alphabet chart doesn't take up any space and is very easy to use. All you do is simply hang it on a wall and let your toddler explore it. It automatically turns itself off after 30 minutes of continuous usage to conserve battery life.

You don't have to worry about cleaning up sticky messes either. This interactive alphabet chart is made out of durable plastic material that won't stain walls or leave behind sticky residue.

This interactive alphabet board is ideal for young children ages 1-3 years old. It's great for developing fine motor skills and logical thinking. It's also great for teaching your child to recognize and pronounce the letter sounds.

If you're looking for a way to teach your child basic literacy skills, look no further than this interactive alphabet chart.

-- Grade: B+

-- Comments: The output is good and it would be very usable with some tweaks. For example, it twice mentions the "9 popular children's songs" in the same paragraph. That would be easy to delete out. It also mentions that it doesn't create sticky messes. I think it's probably trying to rewrite the "No messy learning toys to clean up" but for some reason got fixated on the sticky. I'd probably delete or edit that section. Other than that, it's very usable and good output.

PARAGRAPHS FROM BACKGROUND: EXAMPLE 4

Blueprint - Pro Template

Input

Title: Just Smarty Interactive Alphabet Wall Chart for Toddlers

Heading: Our Thoughts on the Just Smarty Interactive Alphabet Wall Chart for Toddlers

Background:

Educational Toy for Early Childhood Development – Lets toddlers and preschool children learn the alphabet, words, numbers, and spelling. Great learning toy for toddlers 1-3 years old

- Intuitive Fun Learning – The interactive educational features of this alphabet chart will help your little one to develop new memory skills, spelling, and logic ability needed for preschool and beyond. By far one of the best toddler learning toys on the market
- Musical - Sing along and dance to nine popular children's songs
- Great Addition to Your Children's Room Décor – This interactive ABC wall chart will complement your child's room or game room. Colorful attractive design will engage and provide hours of fun exploration and learning for your little preschooler
- Doesn't Take Space and Easy to Use – Simply hang it on a wall using the complementary hook where your toddler can reach. No messy learning toys to clean up. Comes with batteries and automatically shuts off to preserve battery life
- Learn through play - 5 activities to build core skills through fun learning methodologies

Output

Our Thoughts on the JustSmarty Interactive Alphabet Wall Chart

We've had our hands on this product for quite awhile now, and we absolutely LOVE it. We think it's awesome for early childhood development. It's great for teaching letters, numbers, and spelling, and it's really intuitive. Plus, it's super colorful and cute.

This interactive alphabet wall chart comes with 9 songs that teach your little ones the alphabet, numbers, and spelling while they sing along. There are five activities to keep your little one busy while learning. You can turn the music off if you'd prefer. And there's no mess to clean up either.

Plus, it doesn't take up any space and it's easy to use. All you have to do is hang it on a wall and let your little one explore it.

We think this is one of the coolest products out there for early childhood development!

-- Grade: A

-- Comments: I think this is a hard score to give. On one hand, the all caps "LOVE" is a fantastic addition by the AI template. The entire output seems very personal and genuine. However, I wish it was a little longer. However, the output did capture the highlights, including the 9 songs, so I think an A is appropriate.

PARAGRAPHS FROM BACKGROUND: EXAMPLE 5

Blueprint - Free Template

Input

Title: Just Smarty Interactive Alphabet Wall Chart for Toddlers

Heading: Great for Pets

Background:

Educational Toy for Early Childhood Development – Lets toddlers and preschool children learn the alphabet, words, numbers, and spelling. Great learning toy for toddlers 1-3 years old

- Intuitive Fun Learning –The interactive educational features of this alphabet chart will help your little one to develop new memory skills, spelling, and logic ability needed for preschool and beyond. By far one of the best toddler learning toys on the market
- Musical - Sing along and dance to nine popular children's songs
- Great Addition to Your Children's Room Décor– This interactive ABC wall chart will complement your child's room or game room. Colorful attractive design will engage and provide hours of fun exploration and learning for your little preschooler
- Doesn't Take Space and Easy to Use – Simply hang it on a wall using the complementary hook where your toddler can reach. No messy learning toys to clean up. Comes with batteries and automatically shuts off to preserve battery life
- Learn through play - 5 activities to build core skills through fun learning methodologies

Output

This is a great learning toy for pets. It teaches your pet the alphabet, words, number and spelling. It comes with 9 popular children's songs and is made out of durable plastic. It's very colorful and attractive. You'll find yourself playing with it for hours at a time.

Your dog will enjoy exploring its various features. It doesn't take up any space and is easy to use. Just hang it on a wall and let your pet explore it.

You can teach your pet the alphabet, word, number and spelling through fun learning methods. It's a great way to keep your pet engaged and entertained.

-- *Grade: B*

-- *Comments: I ran this a couple weeks ago and got better output, but then again, I had a "fuller" sub-concept (e.g., "Just Smarty Interactive Alphabet Wall Chart for Toddlers is Great for Pets"). So maybe if you're not getting exactly what you want, adjust your sub-concept a bit to help the AI out.*

PARAGRAPHS FROM BACKGROUND: EXAMPLE 5

Blueprint - Pro Template

Input

Title: Just Smarty Interactive Alphabet Wall Chart for Toddlers

Heading: Great for Pets

Background:

Educational Toy for Early Childhood Development – Lets toddlers and preschool children learn the alphabet, words, numbers, and spelling. Great learning toy for toddlers 1-3 years old

- Intuitive Fun Learning –The interactive educational features of this alphabet chart will help your little one to develop new memory skills, spelling, and logic ability needed for preschool and beyond. By far one of the best toddler learning toys on the market
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- Doesn't Take Space and Easy to Use – Simply hang it on a wall using the complementary hook where your toddler can reach. No messy learning toys to clean up. Comes with batteries and automatically shuts off to preserve battery life
- Learn through play - 5 activities to build core skills through fun learning methodologies

Output

This alphabet wall chart is great for pets. It's made out of durable plastic and comes with a convenient hanging hook. You can easily hang it on any wall in your pet's room or anywhere else in your house.

Your dog or cat will enjoy playing with this interactive alphabet wall chart. It's colorful and attractive, so your pet will be able to interact with it for hours. And since it doesn't require batteries, there's no mess to clean up after your pet plays with it.

Your pet will love exploring the five activities that come with this alphabet wall chart. There's a musical feature that lets your pet sing along to nine popular children's songs. There's also a dancing feature that lets your pet move to music. Plus, there's a spelling activity that helps your pet practice letter recognition.

There's nothing quite like interacting with your pet. This alphabet wall chart encourages your pet to explore its surroundings and learn new things. It's a great addition to your pet's room décor.

-- *Grade: A+*

-- *Comments: What can I say? I feel like I need to buy this interactive wall chart for my cat so she can learn her alphabet and stop fricking meowing at me all the time. Cat! I bought you this wall chart! So USE YOUR WORDS!*

PARAGRAPHS FROM BACKGROUND: EXAMPLE 6

Blueprint - Free Template

Input

Title: How To Care for An Older Rabbit

Heading: Do Older Rabbits Eat Less?

Background:

Your rabbit may eat less as it ages. That's because its metabolism will change to process food at a different rate. Its level of activity will also lessen, as it experiences the fatigue or joint issues common with elderly rabbits. If it's running, playing, and binkying less, there's no need to eat so much.

If your rabbit empties its bowl more slowly than in its youth, don't worry. That's natural. When tailoring a bunny's diet to its age, be sure to:

- **Provide unlimited hays and grasses.** Most rabbits will self-regulate their diet as they age.
- **Offer fewer treats.** With a reduced appetite, your bunny may choose to only eat treats and not compensate with hay. A younger bunny would have the appetite for both. An older bunny, instead, may just forego the real nutrients it needs.
- **Keep its water full.** Elderly rabbits must stay hydrated to maintain their gut and joint health. That's especially important if they have kidney issues or arthritis.
- **Keep food and water in easy reach.** Mobility issues could make it more difficult to access food or water bowls. Make sure your bunny doesn't have to work for it.

Output

An older rabbit might eat less as it ages, but that doesn't mean it won't eat enough. As long as your rabbit eats plenty of hay and grasses, it should still be able to keep itself healthy. However, if your rabbit seems to be eating less, you'll want to adjust its diet accordingly.

Provide unlimited hay and grasses. Just like humans, rabbits' metabolisms slow down as they age. So, if your rabbit isn't eating as much as it used to, it probably won't be able to handle as much food as it once did. Instead, provide unlimited hay and grasses to keep your rabbit well fed and healthy.

Offer fewer treats. As your rabbit ages, it may begin to prefer treats to hay and grasses. But, if it chooses to eat less, it shouldn't have to sacrifice quality nutrition. Instead, cut back on treats and focus on providing your rabbit with high-quality hay and grasses.

Keep its water full. Water is essential to maintaining proper body function. And, since older rabbits tend to lose muscle mass, they require more water than younger ones do. So, make sure your rabbit stays hydrated by keeping its water bowl full.

Make sure food and water are within easy reach. Since mobility issues could make it more challenging for your rabbit to access food and water, make sure they are close by. You can even place them inside a cardboard box, which will protect them from drafts and weather.

-- Grade: A+

-- Comments: I think the output is spot on with the input. The template did a great job of rewriting the text and rephrasing it in a way that maintained the concepts from the input.

PARAGRAPHS FROM BACKGROUND: EXAMPLE 6

Blueprint - Pro Template

Input

Title: How To Care for An Older Rabbit

Heading: Do Older Rabbits Eat Less?

Background:

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If your rabbit empties its bowl more slowly than in its youth, don't worry. That's natural. When tailoring a bunny's diet to its age, be sure to:

- **Provide unlimited hays and grasses.** Most rabbits will self-regulate their diet as they age.
- **Offer fewer treats.** With a reduced appetite, your bunny may choose to only eat treats and not compensate with hay. A younger bunny would have the appetite for both. An older bunny, instead, may just forego the real nutrients it needs.
- **Keep its water full.** Elderly rabbits must stay hydrated to maintain their gut and joint health. That's especially important if they have kidney issues or arthritis.
- **Keep food and water in easy reach.** Mobility issues could make it more difficult to access food or water bowls. Make sure your bunny doesn't have to work for it.

Output

As your rabbit grows old, it might start eating less. That's because its metabolism changes to process food at a slower pace. And its level of activity decreases, as it experiences the tiredness or joint problems common with aging rabbits.

If your rabbit starts eating less, don't panic. Just keep offering plenty of fresh greens and hay. You should still provide enough calories to support its weight. But if your rabbit eats less, try cutting down on treats.

Make sure your rabbit stays hydrated. As it ages, it becomes more sensitive to dehydration. That's why keeping its water bowl full is essential.

Keep food and water within easy reach. Older rabbits may struggle to find food and drink. Make sure they can easily access their food and water bowls.

-- Grade: A+

-- Comments: *The output from the AI template captured the essentials and rewrote the input in a way that sounds even better! It even gave it a personal touch, such as "don't panic" which is classic!*

PARAGRAPHS FROM BACKGROUND: EXAMPLE 7

Blueprint - Free Template

Input

Title: What Is Topical Authority in SEO & How to Build It

Heading: How does topical authority work?

Background:

Spoiler for this section: No one really knows.

With the introduction of Google's Hummingbird algorithm in 2013, topical authority became increasingly important.

It changed the ranking system for content so that it was determined by relevance to a user's search query.

Prior to Hummingbird, keywords were the main emphasis of Google's search algorithms. In order for Google to understand what a user was looking for, keywords were used.

However, Google simply couldn't understand the context behind user searches.

Output

Topical authority works differently now than it did prior to Hummingbird. Instead of focusing on keywords, Google looks at the context of the user's search. So if you write an article about how to build a deck, and the user types "how to build a deck" into their search bar, Google will look at the context of the search and determine whether or not your article is relevant to the user's search.

This means that instead of using keywords to rank articles, Google uses topical authority to rank articles.

So if you write an article that focuses on the keyword "deck", and another person writes an article that focuses on "building a deck", Google will give priority to the latter article since it is more relevant to the user's search.

To boost your topical authority, focus on writing high quality content that answers questions users might ask. Also, include links to authoritative sources in your content. These links will help Google determine whether or not your content is relevant to the user's search.

-- Grade: A+

-- Comments: *The output is fantastic. Obviously this is a topic that the AI knows a bit about, so it can pad the output with some extra information while staying on point. Great job!*

PARAGRAPHS FROM BACKGROUND: EXAMPLE 7

Blueprint - Pro Template

Input

Title: What Is Topical Authority in SEO & How to Build It

Heading: How does topical authority work?

Background:

Spoiler for this section: No one really knows.

With the introduction of Google's Hummingbird algorithm in 2013, topical authority became increasingly important.

It changed the ranking system for content so that it was determined by relevance to a user's search query.

Prior to Hummingbird, keywords were the main emphasis of Google's search algorithms. In order for Google to understand what a user was looking for, keywords were used.

However, Google simply couldn't understand the context behind user searches.

Output

Topical authority works differently now than it did before the Hummingbird update. Instead of focusing on keywords, Google focuses on how relevant a piece of content is to a specific topic or question.

So if you write about topics related to travel, then you should focus on writing about those topics. You might be able to rank well for terms like "travel destinations" or "best places to visit in Europe". But if you write about topics unrelated to travel, then you won't be able to rank well.

Google wants to know whether a piece of content answers a specific question. If it doesn't answer the question, then it isn't relevant. And if it's irrelevant, then it won't rank highly.

For example, let's say you wrote a blog post about the history of the United States. Then someone asked a question about the history of the world. Would your article be relevant to that person's question? Probably not.

Instead, you should write about topics related to the question. For example, if someone asks a question about the history in North America, then you should write about North American history. That way, your content will be relevant to the question.

Now, there are still keywords that matter. Keywords are still important because they tell Google what kind of content you're writing.

But instead of using keywords to determine relevancy, Google uses topical authority to determine relevancy. So if you write about topics that are related to the question, then you'll be ranked high for that keyword.

This means that you don't necessarily need to write about every single topic under the sun. Just pick out the ones that are most relevant to the question. Write about those topics, and you'll be rewarded with better rankings.

-- Grade: A+

-- Comments: As you can tell with both the free and pro template, the AI knows a lot about this topic so it's going to pad the output with some extra information. That's great. Just make sure to review it and delete anything that you don't like or feel is correct.

PARAGRAPHS FROM BACKGROUND: EXAMPLE 8

Blueprint - Free Template

Input

Title: Are Tacos Healthy?

Heading: Tacos are packed with protein

Background:

Protein is an essential macronutrient your body needs to build bone, muscle, and skin, among other uses.

In the United States, tacos are one of the top sources of protein and calories that people ages 18–64 consume regularly.

Most tacos, including vegetarian versions, provide about 6–13 grams of protein each.

The average sedentary adult needs at least 46–56 grams of protein per day, though the exact amount varies from person to person depending on their age, sex, activity level, overall health, and other factors.

However, when it comes to protein, not all types are created equal. The type of protein in a taco will influence its calorie count and nutritional value

Output

Tacos are one of the most common foods eaten in America. And if you're like me, you probably eat them every single day. But did you know that tacos are one of the highest sources of protein?

Most tacos, including vegetarian versions provide about 6–13g of protein each. So, if you're trying to lose weight, eating tacos may actually help you reach your goals faster.

According to the USDA, the average sedentary adult needs between 46–56g of protein per day. However, the exact amount varies from individual to individual depending on their age, gender, activity levels, overall health, and many other factors.

But when it comes to protein intake, not all types are made equal. Some proteins are high in fat and low in nutrients, whereas others are high in nutrients and low in fat.

For example, lean beef provides only 3g of fat and 20g of protein per 100g serving, whereas fatty cuts of meat like bacon and steak provide 10g of fat and 30g of protein per 100 g serving.

So, if you're trying lose weight, eating tacos might be a great option. You'll still get plenty of protein without any added fat.

However, if you're trying cut out carbs, you should avoid eating tacos because they contain lots of carbohydrates.

-- Grade: A

-- Comments: The output is very impressive. The template did a great job of spicing up the input and rewriting it to be unique and original. Very impressive! It did add some extra facts near the bottom about different nutritional values from various types of protein sources, but that's okay. You'd just have to fact check that or delete it.

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The average sedentary adult needs at least 46–56 grams of protein per day, though the exact amount varies from person to person depending on their age, sex, activity level, overall health, and other factors.

However, when it comes to protein, not all types are created equal. The type of protein in a taco will influence its calorie count and nutritional value

Output

Protein is an essential nutrient that helps your body build strong muscles, bones, and connective tissue. You need protein every single day to stay healthy.

Most tacos, including vegetarian versions provide about six to thirteen grams of protein per serving. And if you eat two or more servings of tacos, you're getting close to the recommended daily allowance of protein.

However, when it comes to proteins, not all types are made equally. Some proteins are high in fat and low in nutrients while others are low in fat and high in nutrients.

In general, leaner meats like chicken breast and fish are lower in saturated fats and higher in nutrients than fatty cuts like beef brisket and pork belly. Lean meat is also less expensive than fatty meat.

So if you're trying to lose weight, eating fewer tacos may be a great option. But if you're trying to gain muscle mass, you should definitely include more tacos in your diet.

-- Grade: A+

-- Comments: *The output is fantastic. It covers what the input covers and also adds some extra information. I always like when any extra information is not numeric because then it takes a lot less time to fact check for accuracy.*

PARAGRAPHS FROM BACKGROUND: EXAMPLE 9

Blueprint - Free Template

Input

Title: How to Train for a Marathon

Heading: Hydrating on the Run

Background:

Hydration

Nearly all marathons include water and aid stations along the way.

If you plan to carry some of your own water on race day, buy a hydration pack or belt long in advance and get accustomed to running with it. Never try something new on race day.

While training, of course, you will be doing plenty of long runs without the benefit of aid stations.

Several tried-and-true techniques to consider:

Carry your own water using a hydration pack or belt, or with handheld bottles

Do long runs on a short loop course, so you can stash water in one spot along the way.

Plot your long run route to pass water fountains (but during colder months, make sure that they're turned on).

Stash water bottles along your route the night or morning before your run.

Output

Running a marathon isn't easy. You'll need to train hard and eat right if you want to finish strong. One of the most important aspects of training is staying properly hydrated. Hydration packs and belts are great options for carrying water on the run, but there are other ways to stay hydrated.

Carrying your own water is another option. A hydration pack or belt allows you to carry enough water for several hours at a time. However, if you decide to carry your own water, make sure that you practice beforehand. Don't try something new on race-day.

Longer runs are easier to handle if you plot out your route ahead of time. Find a location where you can stash water along the way. Be sure to keep track of your water supply so you won't run dry.

You may not find any water fountains along your route, but you can still stash water bottles along the way. Just make sure that they're located near places where you can easily refill them.

Training for a marathon takes a lot of work. But if you drink enough water throughout the week, you should be fine on race day.

-- Grade: A

-- Comments: *I love this output. In fact, most of generations were very well written and on point. I think this one flowed the best, it wasn't choppy, and it captured most of what the original had. The only thing that I saw which was missing was the bit about making sure water fountains are turned on if you plan on running during colder months. Other than that, it's a great output!*

PARAGRAPHS FROM BACKGROUND: EXAMPLE 9

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If you plan to carry some of your own water on race day, buy a hydration pack or belt long in advance and get accustomed to running with it. Never try something new on race day.

While training, of course, you will be doing plenty of long runs without the benefit of aid stations.

Several tried-and-true techniques to consider:

Carry your own water using a hydration pack or belt, or with handheld bottles

Do long runs on a short loop course, so you can stash water in one spot along the way.

Plot your long run route to pass water fountains (but during colder months, make sure that they're turned on).

Stash water bottles along your route the night or morning before your run.

Output

A marathon isn't really a marathon unless you've had enough water along the way. You should train yourself to drink enough water throughout your training so that you won't feel thirsty on race day.

To prepare for a marathon, start carrying your own water with a hydration pack or bottle belt. These packs usually come with a reservoir that holds several liters of water. Hydration belts are similar except that they hold smaller amounts of water.

Another option is to practice drinking from water fountains along your route. During cooler weather, make sure that the water fountain is turned on. Otherwise, you might find yourself feeling dehydrated on race day.

Finally, plot out your long run route ahead of time. Find places where there are water fountains along the way. Then, stash water bottles along your route so that you can easily grab a quick sip of water when you need it.

On race day, you'll want to avoid trying anything new. Instead, stick to tried-and-true methods for hydrating on the run.

-- Grade: A+

-- Comments: Dang! That is some slick output! I don't know what to say other than I think it's much better than the original!

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