PARAGRAPHS FROM SCRATCH [ALT]

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.

INSTRUCTIONS AND WORKFLOW SUGGESTIONS

The Frase AI template "Paragraphs from Scratch [ALT]" is designed to write multiple paragraphs on a subtopic for a larger main topic. It excels at staying on point for subject matter that the AI knows about. However, for topics the AI knows less about, the "Paragraphs from Keywords" or "Paragraphs from Facts" templates are better suited for the task.

In the community template section of Frase, you'll find both an [ALT] and [ORIG] version of this template. The ALT version is designed to generate thick paragraphs whereas the ORIG version is designed to generate thinner paragraphs.

In regards to workflow use cases, this template is ideally positioned after you create your blog outline with multiple H2 headings. Use the "Paragraphs from Scratch" template to fill out the content for each H2 section.

Matt Zimmerman

RankingTactics Founder & CEO

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 SCRATCH [ALT]: EXAMPLE 1

Test Method: Here's an example of what the template expects to see as input, and what it generates as output. For each template, the AI generated three outputs and I selected the highest quality one. Grading was based on whether the selected generation made logical sense, flowed smoothly, and could easily be converted into a blog post.

INPUT

Title: Secrets to Organizing Your House

Heading: Store Dry Food in Clear Containers

OUTPUT: FREE VERSION

Dry food is much easier to store than wet food. When storing dry food, you'll want to avoid plastic containers because moisture can seep into them over time. Instead, opt for glass jars or other clear containers.

To prevent mold growth, make sure that air circulation is adequate. Place your containers on shelves that allow plenty of space between each container. Also, rotate your containers every few months to ensure that no single item becomes stale.

-- Analysis: B

-- Comments: The output is good, but it's a little short. I would like to have had a bit more on the subject of storing dry food in clear containers

OUTPUT: PRO VERSION

Dry food is usually stored in opaque containers, but clear containers allow you to see exactly what's inside. For example, you could store dry cereal in clear containers instead of opaque ones so that you can tell whether or not you have enough cereal left.

Clear containers also make it easier to organize your pantry. When you store dry foods in opaque containers, you end up having to dig through several layers of packaging just to find the item you're looking for. With clear containers, however, you can see what's inside immediately.

This tip applies to other areas of your house as well. For instance, you could store your laundry detergent in clear bottles so that you can see what's left in each bottle. Or, if you have multiple types of dish soap, you could put them in different colors so that you can easily distinguish them.

-- Grade: A+

-- Comments: I think this is fantastic output. It's on point, and the template also varied up the transition words. I liked how it used the word "this tip" to introduce the third paragraph.

PARAGRAPHS FROM SCRATCH [ALT]: EXAMPLE 2

Test Method: Here's an example of what the template expects to see as input, and what it generates as output. For each template, the AI generated three outputs and I selected the highest quality one. Grading was based on whether the selected generation made logical sense, flowed smoothly, and could easily be converted into a blog post.

INPUT

Title: Vinyl Plank Flooring vs. Wood Flooring

Heading: Vinyl Plank Flooring is Waterproof

OUTPUT: FREE VERSION

Planks are typically used in flooring applications because they provide a durable surface that can withstand heavy foot traffic. Vinyl planks are popular because they offer a wide variety of colors and styles, making them easy to match with other décor items.

They're also waterproof, meaning water cannot penetrate the plank and damage the wood underneath. This is especially useful for areas where spills happen frequently, like kitchens and bathrooms.

While vinyl planks are very durable, they aren't perfect. Because they're made of plastic, they tend to warp over time. Also, they require maintenance to prevent mold growth. But if you're looking for a long-lasting solution, vinyl planks are worth considering.

-- Analysis: C+

-- Comments: The output is good but sparse. I don't need the first paragraph or last paragraph because it's outside the scope of the concept of vinyl plank being waterproof. So the second paragraph is good, but it's not much output.

OUTPUT: PRO VERSION

Vinyl plank flooring is waterproof, meaning that it will protect your floors from water damage. However, vinyl planks are not meant to be used outdoors. Instead, they're best suited for indoor areas where moisture is unlikely to accumulate.

This means that vinyl planks are ideal for kitchens, bathrooms, basements, garages, laundry rooms, mudrooms, and other similar spaces. Vinyl planks are also easy to clean, making them a popular choice among homeowners who prefer to keep their homes clean.

On the downside, vinyl planks tend to wear out faster than wood planks, especially if they're exposed to moisture. Also, vinyl planks are typically less expensive than wooden planks, although you may pay more for specialty finishes.

-- Grade: B+

-- Comments: The output is better than the free version. I got two good on-point usable paragraphs. The last paragraph isn't about vinyl plank being waterproof, but because it's only a single paragraph I wouldn't feel bad leaving it in the H2 subsection; it also flows nice.

PARAGRAPHS FROM SCRATCH [ALT]: EXAMPLE 3

Test Method: Here's an example of what the template expects to see as input, and what it generates as output. For each template, the AI generated three outputs and I selected the highest quality one. Grading was based on whether the selected generation made logical sense, flowed smoothly, and could easily be converted into a blog post.

INPUT

Title: How to Swim the Breaststroke

Heading: Do a warm-up swim before assuming the core position

OUTPUT: FREE VERSION

Swimming the breaststroke requires a different set of muscles than swimming freestyle does. Because of this, swimmers who aren't used to doing it might feel sore after completing a few laps. Before attempting to swim the breaststroke, it's recommended that you perform a warm-up lap or two to loosen up your body and prepare yourself for the workout.

To begin, stand facing the wall and place your hands shoulder width apart. Then, bend forward until your chest touches the wall. Next, push off with your legs and kick back toward the wall. As you approach the wall, extend your arms straight out in front of you. Finally, pull your knees into your chest and hold them there while keeping your feet flat against the wall. Repeat this motion 10 times.

Next, turn 180 degrees and repeat the same exercise. Do three sets of 20 repetitions each. When you finish, rest for 30 seconds and then repeat the entire routine again.

-- *Analysis: C*

-- *Comments: I don't know much about swimming, but it sounds like the warmup is occurring outside of the water. This isn't what we want since the H2 said we need to do a "warm-up swim". I could edit it if I wanted, but overall, the output is not that good.*

OUTPUT: PRO VERSION

Swimming is a sport where technique matters. When you're swimming breaststroke, you must assume the correct position called the "core position." However, if you haven't done a proper warm-up swim beforehand, you could end up hurting yourself instead of improving your performance.

To avoid injury, perform a few laps of freestyle before attempting to swim breaststroke. Then, focus on perfecting your form while keeping your arms close to your body and your legs straight. Once you feel comfortable doing this, try moving into the breaststroke position.

You'll notice that your shoulders will naturally drop down toward the water. Don't worry about this; just let them fall until you reach the point where your elbows are bent 90 degrees. At this point, your hands should be facing forward.

Next, slowly move your feet backward until your knees are bent slightly. Now, push off with your toes to propel yourself forward. As you continue pushing through the water, keep your hips level and your back arched.

-- *Grade: A+*

-- *Comments: The output seems spot on to me. I'm not quite sure if the second half is factually correct, so I'd have to spot check it using Wikipedia or something. But other than that, it seems to have it on the major points. Also, unlike the free template, the recommends a warm-up in the water.*

PARAGRAPHS FROM SCRATCH [ALT]: EXAMPLE 4

Test Method: Here's an example of what the template expects to see as input, and what it generates as output. For each template, the AI generated three outputs and I selected the highest quality one. Grading was based on whether the selected generation made logical sense, flowed smoothly, and could easily be converted into a blog post.

INPUT

Title: Why Do Cats Meow?

Heading: It's trying to get your attention

OUTPUT: FREE VERSION

Cats are notorious for making loud noises while purring, but why exactly does this happen?

There are two main theories behind cat meowing. One suggests that cats meow to communicate with other animals, especially other cats. Another theory says that cats meow to attract humans.

While both explanations seem plausible, researchers have found evidence supporting each side. Some studies suggest that cats meow to warn off predators, while others say that cats meow to alert humans to their presence. Either way, it seems that cats are just trying to get our attention.

-- *Analysis: B*

-- *Comments: The output is on point, but it's just way to brief. I want more discussion about cats meowing to get our attention. I think giving this a B might be a little high, but oh well.*

OUTPUT: PRO VERSION

Cats are masters of feline communication, and they use every trick in their arsenal to try to get our attention. From purring to hissing, cats communicate through a variety of different sounds. Some of these noises are used to warn other animals or humans about danger, while others are just part of everyday life.

For example, cats will sometimes meow to let us know that they're hungry or thirsty. And since they're naturally curious creatures, they'll also meow to investigate strange objects or situations. When they hear another cat nearby, they'll meow again to alert the other animal to their presence.

And finally, cats will meow to attract our attention. Sometimes they'll meow loudly to get our attention, while other times they'll meow softly to avoid scaring off potential prey. Either way, it's clear that cats use meowing to get our attention.

-- *Grade: A+*

-- *Comments: I was very impressed with the word choice in the first paragraph. Also, the quantity of output is just right. The free version didn't give me enough words, but this was just right. It hit that sweet spot for a sub-heading.*

PARAGRAPHS FROM SCRATCH [ALT]: EXAMPLE 5

Test Method: Here's an example of what the template expects to see as input, and what it generates as output. For each template, the AI generated three outputs and I selected the highest quality one. Grading was based on whether the selected generation made logical sense, flowed smoothly, and could easily be converted into a blog post.

INPUT

Title: Understand Your Risks to Prevent a Heart Attack

Heading: High Blood Cholesterol

OUTPUT: FREE VERSION

There are two types of cholesterol: HDL ("good") and LDL ("bad"). High blood cholesterol levels are associated with heart disease, stroke, and other health problems. Fortunately, there are several lifestyle factors that can help prevent high cholesterol.

One of the biggest risk factors for high cholesterol is obesity. According to the CDC, nearly 40% of adults in the United States are obese. Obesity increases the amount of fat in the body, which leads to increased triglycerides and decreased HDL cholesterol.

Obesity also affects the liver, causing it to release more triglycerides into the bloodstream. As a result, triglyceride levels rise and HDL cholesterol falls.

Other risk factors for high cholesterol include smoking cigarettes, drinking alcohol excessively, and having diabetes. These conditions lead to inflammation in the arteries, which causes plaque buildup and reduces blood flow.

Lifestyle changes can help decrease the risks of high cholesterol. Exercise regularly, eat healthy foods, and limit sugar intake. Avoid saturated fats and trans fats, which are found in processed meats and fried food. Limit sodium intake and drink plenty of water.

While diet alone cannot cure high cholesterol, it can help control it. Talk to your doctor about whether medication is necessary.

-- *Analysis: A*

-- *Comments: It's fantastic output. It is on point, relevant, and it sounds factually correct. I'm very pleased with this result.*

OUTPUT: PRO VERSION

There are two types of cholesterol: HDL ("good") and LDL ("bad"). High blood levels of bad cholesterol can lead to heart disease, while higher levels of good cholesterol can prevent heart attacks. Fortunately, there are several lifestyle habits that can help control your cholesterol level.

One of the best ways to reduce your risk of having a heart attack is to eat healthy foods and exercise regularly. Eating plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy products will help you maintain a healthy weight and keep your cholesterol levels under control.

Exercise is another key part of maintaining a healthy diet. Regular physical activity boosts your metabolism, reduces stress, improves sleep, and strengthens muscles. Exercise also lowers your risk of cardiovascular diseases, diabetes, cancer, depression, osteoporosis, obesity, and other health problems.

Finally, if you smoke cigarettes, stop now! Smoking increases your risk of developing coronary artery disease, stroke, lung cancer, emphysema, chronic bronchitis, and peripheral vascular disease. And quitting smoking can significantly decrease your risk of dying early.

-- *Grade: A+*

-- *Comments: The output is spot on and relevant to the concept of high cholesterol contributing to a risk of having a heart attack. I would have no problems using this one (or the free version's output) for this subheading.*

PARAGRAPHS FROM SCRATCH [ALT]: EXAMPLE 6

Test Method: Here's an example of what the template expects to see as input, and what it generates as output. For each template, the AI generated three outputs and I selected the highest quality one. Grading was based on whether the selected generation made logical sense, flowed smoothly, and could easily be converted into a blog post.

INPUT

Title: How to Train for a Marathon

Heading: Try Running a Half Marathon First

OUTPUT: FREE VERSION

Running a marathon is no easy feat. But if you're thinking about running one, you might consider starting off with a shorter race instead. While a full marathon takes anywhere from 3 to 6 months to train for, a half marathon typically requires just 2 to 4 weeks.

This means that you can run a half marathon sooner rather than later and still reap the benefits of training for a long distance event. Plus, you'll likely feel less exhausted after completing a half marathon compared to a full marathon.

To prepare yourself for a half marathon, try running a few short races first. Start slowly and build up gradually until you reach the point where you can comfortably complete a half marathon. Then, you can add another 5K or 10K to your schedule.

It's also worth noting that while a half marathon is much easier to train for than a full marathon, it's not necessarily easier to finish. So, if you decide to tackle a half marathon, make sure that you commit to finishing the entire thing. Don't let anything stand in your way!

-- Analysis: B+

-- Comments: I really like the result, but it's not getting an A. Why? Because it focuses too much on training for a half marathon instead of simply discussing how running a half marathon can get someone ready for a full marathon.

OUTPUT: PRO VERSION

Running a marathon is no easy feat, especially if you haven't done much running before. However, starting off slowly will give you plenty of time to build endurance and prepare yourself for the long haul.

To begin, try running a half marathon instead of a full marathon. Not only does this allow you to ease into training, but it also gives you a chance to practice pacing yourself. Once you feel comfortable running a half marathon, you can move onto a full marathon.

You can also run shorter distances during your training period. For example, you could start with 10Ks (5K runs), followed by 5Ks, 3Ks, 1Ks, 400 meters, 200 meters, 100 meters, and finally 50 meters. Each distance will gradually become easier as you progress through your training program.

Finally, you can always ask for help. There are tons of resources available online to help you train for marathons, including blogs, podcasts, videos, books, and apps. And don't forget to join a local running club where you can meet other runners who share your passion for fitness.

-- Grade: A+

-- Comments: I'm giving this a top score because unlike the free template, it's not 100% focused on how to train for a half marathon. Instead, it introduces the concept of a half marathon as a way to train for a marathon. I also liked the various directions the template took the content (from starting off slow, try running a half marathon, or try running a shorter distance, and then to ask for help).

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Visit my resource page to find lots of juicy tips and secrets to getting the most out of Frase.