AI-Human Balance Scorecard

"Rate Your Content in 5 Minutes—Are You Overusing AI or Wasting Time on Manual Tasks?"

Part 1: Audit Criteria

Rate each criterion from 1 (AI-heavy) to 5 (Human-heavy):

Category	1 (AI-Only)	3 (Balanced)	5 (Human-Only)
Research	AI-generated keywords	AI keywords + human trend analysis	Manual keyword research
Writing	100% AI draft	AI outline + human edits/stories	Fully human-written
Editing	GrammarlyGO only	Hemingway edits + humor injections	Professional editor hired
Ethics	No disclosure	Basic AI disclaimer	Video proof of product testing
SEO	AI meta descriptions	AI + human CTR hacks	Manual A/B testing

Part 2: Scoring & Recommendations

Total Score:

- **5-10 Points**: *AI Overload* → Risk penalties. Add 2 personal stories.
- **11-20 Points**: *Healthy Balance* → Keep optimizing.
- **21-25 Points**: *Human Overkill* → Automate research/repurposing.

Example: Greg's yoga mat review scored **14** (balanced). His fixes:

- Used AI for Pinterest pin ideas.
- Added a video of himself testing grip.

Part 3: Action Checklist

For Low Scores (AI Overload):

- ☐ Add 1 "failure story" (*"Why I returned this product"*)
- ☐ Insert 2 original photos/videos
- ☐ Disclose AI use in footer

For High Scores (Human Overkill):

- ☐ Automate meta descriptions (DeepSeek)
- ☐ Repurpose 1 blog into 5 social posts (Canva Magic Write)
- ☐ Use AI for competitor gap analysis

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