

Your Time-Back Receipt

Print or type in a PDF reader. Calculate totals manually. Keep your copy private.

Task / output

Date / trial

Same scope and final-quality standard for both methods

01 Record the whole task

Minutes. Count each stage once. Use the same task, scope and timing basis.

EFFORT BY STAGE	Manual		AI-assisted	
	☐ Measured	☐ Est.	☐ Measured	☐ Est.
Setup / preparation				
Execution / prompts / interaction				
Human review / checking				
Corrections / rework				
Logging / other active effort				
Active total = five stages				
Non-overlapping waiting				
Elapsed total = active + waiting				

Timing basis: ☐ Active ☐ Elapsed Keep waiting out of active stages. No double-counting.

02 Calculate the signed difference

Manual total
all stages

AI workflow
setup + execution + other

Review + corrections
AI-assisted stages only

Net time back
signed minutes

Net = manual - AI workflow - review/corrections. Add AI waiting to workflow only if elapsed.
Negative means more time used. If either method is estimated, label the result an estimate.

Quality: Manual ☐ Pass ☐ Revise AI ☐ Pass ☐ Revise Decision:

Both must meet the same standard before claiming savings. Decision: keep, change or stop.

03 Give time a purpose

Family

☐

Friends

☐

Work

☐

School

☐

Intended use / next moment

Actual use later

Circle

Minutes

The circles above mark an intention. Record actual use only after it happens.

Use fictional event details. Exclude guest lists, contact details, health needs, private family matters and payment information. Make no bookings or vendor commitments.

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Field-by-field guide. Keep this receipt private unless you choose to share it.

01 Choose a comparable task

Name one repeatable output and define the scope and quality standard before testing. Compare one task with one task. Record the date or observation period. The worksheet is optional prework or an in-session activity.

02 Separate estimates from measurements

Measured means timed or recorded. Estimated means recalled, planned or guessed. Label each method independently. If either is estimated, the difference is estimated. Complete only the fields you can support; leave untested AI results blank.

03 Count every stage for both methods

Record setup, execution, human review, corrections and other active effort for both manual and AI-assisted work. AI execution includes prompting, interaction and remaining human task work. Include logging. Count initial setup in the trial; do not quietly exclude it or spread it across an invented number of future uses.

04 Choose one timing basis

Active time is time spent working. Elapsed time also includes non-overlapping waiting. Use the same basis for both methods and count simultaneous or overlapping minutes only once. For a complex concurrent workflow, record actual start-to-finish time separately instead of summing overlapping durations.

05 Read the difference honestly

Manual total minus the complete AI-assisted total gives signed net minutes. In the compact summary, AI workflow means setup + execution + other active effort, plus waiting only for an elapsed comparison. Add AI review and corrections once. A negative result means more time used; keep those trials too.

06 Apply the quality gate

Check both outputs against the same standard. If either fails, record the result as a trial needing revision, not savings. Count correction time and recheck. One successful trial does not prove a repeatable benefit. If you calculate a percentage, use $\text{net} / \text{manual} \times 100$ only when manual time is above zero and both outputs pass.

07 Distinguish intention from actual use

Mark Family, Friends, Work or School for where you intend to use any reclaimed time. Multiple circles are fine; this does not divide minutes among them. Later record the actual activity, circle and minutes separately. Do not claim reinvestment before it happens. There is no required center or equal allocation.

08 Keep the experiment safe

Use fictional event details. Exclude guest lists, contact details, health needs, private family matters and payment information. Make no bookings or vendor commitments. A worksheet does not authorize sending, posting, purchasing, scheduling, connecting accounts or changing systems. Choose keep, change or stop after review.

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Fictional planning example. No measured result or savings claim.

01 Task and comparable scope

Create a first-draft setup checklist for a fictional wedding event.

Task circle: Work.

02 A clearly labeled baseline

Estimated from memory, not measured: 40 minutes per task, 1 time(s) per event.

Period baseline: $40 \times 1 = 40$ minutes per event (estimated).

For the paired trial, compare one task against 40 estimated minutes. Time a comparable manual task for stronger evidence. The stage breakdown is unknown until observed.

03 One AI opportunity and human review

Opportunity: Group invented setup tasks by area and suggest a draft order for the checklist.

My review: Check sequence, feasibility, missing tasks and human ownership. Verify all details before sharing.

04 A safe test and shared quality standard

Test: Use an invented venue and generic event outline. Do not contact vendors or make bookings.

Quality standard for both methods: No conflicting task order, clear handoffs, realistic timing, and no invented promises, prices or confirmations.

05 The intended life moment

More attention to the couple during planning and a calmer evening after preparation.

This is an intention. Actual use, actual circle and minutes reinvested stay blank until they happen.

06 After testing only

Record both methods by stage and select active or elapsed timing. Label both evidence sources. Keep setup, review, corrections and other effort visible. Record both quality checks.

Manual total: _____ min

AI workflow: _____ min + AI review/corrections: _____ min

Signed difference: _____ min Evidence: estimated / measured

Quality: manual pass / revise; AI pass / revise

Decision: keep / change / stop

Actual use later: _____ Circle: _____ Minutes: _____

Leave test results blank until supported. These example baseline numbers describe effort, not time saved.