# AMD Ryzen AI PC Performance: Tech Expert

In this section, we list our complete results and describe the solutions on which we tested and our test methodologies.

We concluded our hands-on testing on February 21, 2026. During testing, we determined the appropriate hardware and software configurations and applied updates as they became available. The results in this report reflect configurations that we finalized on February 7, 2025 or earlier. Unavoidably, these configurations may not represent the latest versions available when this report appears.

## Our results

To learn more about how we have calculated the wins in this report, go to https://facts.pt/calculating-and-highlighting-wins. Unless we state otherwise, we have followed the rules and principles we outline in that document.

### Using AI vs manual approach on an HP EliteBook X G2a

Table 1: Time to complete tasks on the HP EliteBook X G2a with and without AI. Source: PT.

| Task | Time without AI hh:mm:ss | Time with AI hh:mm:ss | Time saved with AI hh:mm:ss | Time saved with AI Percentage |
|---|---|---|---|---|
| Summarizing latest news | 0:50:19 | 0:22:20 | **0:27:59** | **55.6%** |
| Generating and scheduling tasks from emails | 0:07:12 | 0:00:49 | **0:06:23** | **88.6%** |
| Summarizing a meeting transcript | 1:01:04 | 0:01:31 | **0:59:33** | **97.5%** |
| Building a predefined application | 93:20:00 | 17:02:10 | **76:17:50** | **81.7%** |
| Submitting a new Jira ticket | 0:07:06 | 0:03:10 | **0:03:56** | **55.3%** |
| Drafting a document | 0:22:16 | 0:11:02 | **0:11:14** | **50.4%** |

## Using AI on an HP EliteBook X G2a vs using a manual approach on an HP EliteBook 865 G9

Table 2: Results of our testing. Less time is better.

| | HP EliteBook X G2a | HP EliteBook 865 G9 | Time saved on the HP EliteBook X G2a with AI hh:mm:ss | Time saved on the HP EliteBook X G2a with AI Percentage |
|---|---|---|---|---|
| Time to complete task (mm:ss) | with AI | without AI | | |
| Summarizing latest news | 0:22:20 | 0:51:04 | 0:28:44 | 56.2% |
| Generating and scheduling tasks from emails | 0:00:49 | 0:07:20 | 0:06:31 | 88.8% |
| Summarizing a meeting transcript | 0:01:31 | 1:01:22 | 0:59:51 | 97.5% |
| Building a predefined application | 17:02:10 | 93:20:00 | 76:17:50 | 81.7% |
| Submitting a new Jira ticket | 0:03:10 | 0:07:05 | 0:03:55 | 55.2% |
| Drafting a document | 0:11:02 | 0:23:10 | 0:12:08 | 52.3% |
| **Total** | **17:41:02** | **95:50:01** | **78:08:59** | **81.5%** |

Table 3: Results of our testing extrapolated over a workweek. Less time is better.

| | | HP EliteBook X G2a | HP EliteBook 865 G9 | Time saved on the HP EliteBook X G2a with AI hh:mm:ss | Time saved on the HP EliteBook X G2a with AI Percentage |
|---|---|---|---|---|---|
| Time to complete task (mm:ss) | Estimated iterations per week | with AI | without AI | | |
| Summarizing latest news | 5 | 1:51:40 | 4:15:20 | 2:23:40 | 56.2% |
| Generating and scheduling tasks from emails | 25 | 0:20:25 | 3:03:20 | 2:42:55 | 88.8% |
| Summarizing a meeting transcript | 1 | 0:01:31 | 1:01:22 | 0:59:51 | 97.5% |
| Building a predefined application | 0.125 | 2:07:46 | 11:40:00 | 9:32:14 | 81.7% |
| Submitting a new Jira ticket | 25 | 1:19:10 | 2:57:05 | 1:37:55 | 55.2% |
| Drafting a document | 3 | 0:33:06 | 1:09:30 | 0:36:24 | 52.3% |
| **Total (hh:mm:ss)** | | **6:13:38** | **24:06:37** | **17:52:59** | **74.1%** |

# System configuration information

Table 4: Detailed information on the systems we tested.

| System configuration information | HP EliteBook X G2a | HP EliteBook 865 16 inch G9 Notebook PC |
| --- | --- | --- |
| Processor | | |
| Vendor | AMD | AMD |
| Model number | Ryzen AI 7 PRO 450 CPU w/ Radeon 860M | AMD Ryzen 5 PRO 6650U with Radeon Graphics |
| Core frequency (MHz) | 2,000 | 2,900 |
| Number of cores | 8 | 6 |
| Cache (MB) | 16 | 16 |
| Memory | | |
| Amount (GB) | 32 | 32 |
| Type | LPDDR5 | DDR5 |
| Speed (MHz) | 8,533 | 4,800 |
| Integrated graphics | | |
| Vendor | AMD | AMD |
| Model number | AMD Radeon™ 860M Graphics | AMD Radeon Graphics |
| Storage | | |
| Amount (GB) | 500 | 512 |
| Type | SSD | SSD |
| Connectivity/expansion | | |
| Wired internet | Via USB-C Adapter | NA |
| Wireless internet | MediaTek Wi-Fi 7 MT7925 | Realtek RTL8852BE 802.11ax (2x2) Wi-Fi |
| Bluetooth | Bluetooth® 5.4 wireless card | Bluetooth M.2 2230 PCIe |
| USB | 1 x USB  Type-C 10Gbps signaling rate (USB Power Delivery/DisplayPort 2.1)<br><br>1 x USB Type-A 10Gbps signaling rate (powered) | USB Worldwide WLAN<br><br>2 x USB4 Type-C 40Gbps signaling rate (USB Power Delivery/DisplayPort 1.4)<br><br>2 x USB 3.2 Gen 1 Type-A 5Gbps signaling rate (1 x charging)<br><br>1 x headphone/microphone combo jack |
| Thunderbolt | 2 x Thunderbolt 4 with USB Type-C 40Gbps signaling rate (USB Power Deliver/DisplayPort 2.1) | NA |
| Video | 1 x HDMI 2.1 | 1x HDMI 2.0 |
| Battery | | |
| Type | Undisclosed | HP Long Life 3-cell, 51 Wh Li-ion polymer |
| Size | 3-cell | 3-cell |
| Rated capacity (Wh) | 56 | 51 |

| System configuration information | HP EliteBook X G2a | HP EliteBook 865 16 inch G9 Notebook PC |
|---|---|---|
| Display | | |
| Size (in.) | 14 | 15.9 |
| Type | WUXGA | LED-backlit |
| Resolution | 1,920 x 1,200 | 1,920 × 1,080 |
| Touchscreen | No | Yes |
| Operating system | | |
| Vendor | Microsoft | Microsoft |
| Name | Microsoft Windows 11 Pro | Windows 11 Pro |
| Build number or version | 10.0.26200 (Build 26200) | 10.0.22621 (Build 22621) |
| BIOS | | |
| BIOS name and version | HP Y88 Ver. 85.02.01 | HP U82 Ver. 01.14.00 |
| Dimensions | | |
| Height (in.) | 0.52 | 0.76 |
| Width (in.) | 12.29 | 14.12 |
| Depth (in.) | 8.45 | 9.88 |
| Weight (lb.) | 2.52 | 3.9 |

# How we tested

## Initial system setup for all scenarios

### AMDTest folder

1. Download and extract the folder to the C drive.

### Installing AMD Adrenaline

1. Go to https://www.amd.com/en/support/download/drivers.html to get the latest AMD Adrenaline application.
2. Click Download Windows Drivers.
3. Open the executable, and proceed with installation.
4. Click Accept & Express Install to install the necessary drivers.
5. Wait for the installation to finish.
6. Restart the system when prompted.

## Collecting the latest news

### Installing Lemonade

1. Download Lemonade Server from https://lemonade-server.ai/ and install it.
2. Proceed through the installation without changing any default options.
3. Make sure Run Lemonade Server now is checked before closing finishing the installation.
4. Wait for Lemonade to start. Lemonade notification will pop up once Lemonade is ready.
5. Right-click or left-click the Lemonade icon in your system tray popup, and set the Context Size to 32k.
6. Right-click or left-click the Lemonade icon in your system tray popup again, and select Open app.
7. In the Search models field, enter `Qwen3-4b-Instruct-2507-FLM`
8. Select the download button on the Qwen3-4b-Instruct-2507-FLM model.
9. Wait for the model download to finish.
10. Load the newly installed Qwen3-4B-Instruct-2507-FLM model by clicking Load.
11. Close the Lemonade app.

### Installing Generate

Note: Before proceeding, make sure Lemonade is running.

1. Launch the generateinstaller1216.exe file.
2. Click through the installation using the default selections.
3. After installation, launch Generate.
4. Enter your username, password and license key when the application loads the Register page.
5. From the upper-right Select Model drop-down menu, select Qwen3-4b-Instruct-2507-FLM.
6. After the model successfully loads, close Generate.

### AI-enhanced workflow

1. Launch Lemonade, and ensure that Qwen3-4b-Instruct-2507-FLM is loaded.
2. Launch Generate.
3. Simultaneously start the stopwatch and select the previously loaded Qwen3-4B-Instruct-2507-FLM model by clicking the Select an LLM drop-down menu.
4. Go through the installation popup screen using all of the default options, and click Finish.
5. When the model is fully loaded, from the left sidebar select the Agents option.
6. Select the Daily news brief workflow.
7. Modify options as follows:
8. Uncheck/unselect all topics.
9. In the Any specific preferences text box, type

```
I'm interested in AI developments made by AMD
```

10. For the Balance your feed section, slide the percentage to 50%.

11. Click Start reading.
12. Wait for the news brief to load.
13. Click the first news article that has loaded.
14. Click the article, and wait for the curating article content process to finish. Read along as the LLM generates the article.
15. Scroll to the top of the page, and click Generate AI Summary.
16. Wait for the summary to load.
17. Review the summary, and check that it matches the article content.
18. Open Word.
19. Copy the summary and paste it in Word.
20. Repeat steps 10 through 19 for the next four articles.
21. When you have copied five article summaries into Word, stop the stopwatch.
22. Record the time.
23. Repeat steps 1 through 22 two more times.

## Traditional workflow

1. Simultaneously start the stopwatch and open your browser.
2. In the search field, enter `recent AMD news`
3. Identify five relevant news articles from the search, and open them.
4. Open Word.
5. Skim through each article, and note down highlights in Word.
6. Review all the collected notes, and draft a summary in Word.
7. When the summary is complete, stop the stopwatch.
8. Record the time.
9. Repeat steps 1 through 8 two more times.

# Generating and scheduling tasks from emails

## Installing and setting up Lemonade

1. Download Lemonade Server from https://lemonade-server.ai/.
2. Launch the installation and use the default settings throughout the installation.
3. At the end of the installation, select the option to Run Lemonade Server now.
4. Wait 10 to 20 seconds for the Lemonade notification to pop up in the lower-right corner of the screen. Lemonade server is now running in the background.
5. If Lemonade isn't running, manually launch it through the Windows search bar.
6. In the taskbar, right-click the Lemonade icon, and select Open app.
7. In the search field in the left sidebar, type `Llama-3.2-3B-Instruct-Hybrid`
8. Select the download button next to the model.
9. When the download completes, load the newly installed model Llama-3.2-3B-Instruct-Hybrid by clicking on the play icon next to the model name.

## Installing and setting up Noodle

Note: For this test, we used an alpha version of the Noodle app that AMD provided to us.

1. Install the noodle-ui2112025759p executable.
2. Launch the Noodle executable.
3. Enter the purchased token in the Enrollment key field and select Enroll with Token.
4. Finish the installation with default settings.
5. In the app, select Settings.
6. In the Email Accounts section, click Connect on the Gmail/Google Workspace account.
7. Enter the username and password for the account under test, and click Save.
8. In the AI Configuration section of settings, under AI Mode, select AMD Lemonade from the drop-down menu.
9. In the AI Configuration section, under Model Name, enter `LFM2-8B-A1B-GGUF`
10. Select Save AI Configuration.

## AI-enhanced workflow

1. Open Noodle.
2. Simultaneously start the stop watch and open the Emails page in the application.
3. Find the Pippin Fiesta email, and select it.
4. Click Ask to ask questions and create tasks related to the email.
5. This opens a new chat with the email as an attachment for context.
6. Provide the following prompt to break the tasks mentioned in the email into subtasks:

```
Break the tasks mentioned in the email into subtasks.
```

7. Click Send.
8. Copy the AI generated answer by clicking Copy.
9. Open Word.
10. Simultaneously paste the AI-generated answer into Word, and stop the stopwatch.
11. Record the results and repeat steps 1 through 10 two more times.

## Traditional workflow

1. Open Outlook.
2. Simultaneously start the stopwatch and select the Focused tab.
3. Find the Pippin Fiesta email, and select it.
4. Open Word.
5. Read the email, and create a list of subtasks in Word.
6. When the list of subtasks is complete, stop the stopwatch.
7. Record the results and repeat steps 1 through 6 two more times.

# Summarizing a meeting transcript

## Setting up Lemonade

1. Download and install Lemonade Server  from https://lemonade-server.ai/.
2. Place the LFM2-2.6B-Transcript-1-GGUF model file in a folder titled Liquid in the Downloads folder.
3. In Windows Search, type CMD
4. With the Command Prompt highlighted, select Run as administrator.
5. In the Command Prompt window, type

```
lemonade-server serve –extra-models-dir C:/Users/Username/Downloads/Liquid
```

6. Press Enter.
7. In the Taskbar, right-click the Lemonade icon, select Load Model and choose extra.LFM2-26B-Transcript-1-GGUF.gguf.

## Setting up Generate AI

Note: Before proceeding, make sure Lemonade is running.

1. Launch the generateinstaller1216.exe file.
2. Click through the installation using the default selections.
3. After installation, launch Generate.
4. After the application loads the Register page, enter your username, password, and license key.
5. Close Generate.

## AI-enhanced workflow

1. Launch the Lemonade-server application.
2. In the Taskbar, right-click the Lemonade icon, select Load Model, and choose extra.LFM2-26B-Transcript-1-GGUF.gguf.
3. Select the Generate AIPC menu on the lower right, and select Settings.
4. Select the Card Manager tab.
5. Select New Card + on the lower-right side. It opens new screen to edit a card.
6. In Category, select General.
7. Select the icon field, and choose an icon from the window that appears.

8. In the tile field, enter

```
Meeting Minutes Creator
```

9. In the description field, enter

```
The card will ingest your meeting transcript or notes and then be able to generate full meeting
minutes report.
```

10. In Step 1, choose Pick Integration for select a tool.
11. Select Add Another Tool, and select Pick File.
12. Select Step 1 for Select a step to pick integration.
13. Select Add Another Tool, select Get User Input.
14. In the Message field, type

```
Get input if not already written
```

15. In the Question field, type

```
What points did you want to focus on?
```

16. Select Add Another Tool, select Search Vector DB.
17. In the Message field, type

```
Select integration if not already written
```

18. In the Query field, type

```
Pull all relevant content from the meeting notes/transcript that include action items, next steps,
meeting participants, have a focus on the areas covered here $3.output.
```

19. Select Step 1 for Select a step to pick integration.
20. Select Step 2 for Select a step to pick source.
21. For No of Chunks, type 5
22. Select Add Another Tool, select Generate LLM Response.
23. In the Message field, type

```
Generating Response if not already written.
```

24. In the Instruction field, type

```
You are a meeting note taker, using the meeting transcript/notes create a full meeting minutes
report that highlights the main points of the meeting, key takeaways, action items, along with any
other relevant content that would need to be considered.
When outputting the report, create it with this guideline covering these sections in order:
Participants of the Meeting
Executive Summary
Key Points from the Meeting
Action Items
Don't have to necessarily include all the points mentioned earlier if there is not much data.
Provide result in text format that does not contain tables or other heavy formatting, just basic
formatting like using strictly dashes and spaces only. And include as little formatting as possible
please. And please structure spaces accurately and consistently.
Please provide output that when copied for usage, will provide all the formatting of the
generated results.
Make the final output as short and concise as possible.
```

25. In the Relevant content field, type

```
$4.output
```

26. Click Save.

27. Simultaneously start the stopwatch and click the Select Model drop-down menu in the upper-right corner.
28. Select the user.LFM2-2.6B-Transcript-1-GGUF model to load it.
29. Go to Home, search for Meeting Minutes Creator, and open it.
30. Click Local Files option.
31. Click Upload file, navigate to your meeting notes Word file, and upload it.
32. Select the uploaded meeting note file, and click Continue.
33. Provide the main point you want to focus on from the meeting and continue.
34. Wait for it to generate the response.
35. Open Word.
36. Copy the generated meeting notes summary, and paste it into Word.
37. Simultaneously stop the stopwatch and save the Word document.
38. Record the time.
39. Repeat steps 1 through 38 two more times.

## Traditional workflow

1. Simultaneously start the timer and open the meeting transcript with Word.
2. Read through the entire document carefully, identifying:

   - Participants of the meeting
   - Executive summary
   - Key points from the meeting
   - Action items

3. Highlight or note down the important sections manually.
4. Open a new blank Word document to begin drafting the meeting minutes.
5. Start writing the report using the following structure:

   - **Participants of the meeting** (List all attendees based on the transcript)
   - **Executive summary** (Summarize the overall purpose and outcome of the meeting)
   - **Key points from the meeting** (List major topics discussed and insights shared)
   - **Action items** (Mention tasks assigned, responsible persons, and deadlines if available)

6. Use only basic formatting: dashes for bullet points and consistent spacing.
7. Review the document for clarity, conciseness, and completeness.
8. Simultaneously stop the stopwatch and save the Word document.
9. Record the time.
10. Repeat steps 1 through 9 two more times.

## Building a predetermined application (vibe coding) with AI assistance

Our AI-enhanced workflow used a local LLM hosted by Lemonade Server, which we accessed directly from Continue.dev in VS Code. This provided AI-assisted code generation and error checking without switching applications. We completed the workflow three times to determine the median completion time.

1. Launch Lemonade Server, and load Qwen3-Coder-30B-A3B-Instruct-GGUF (for its suitability for coding).
2. Open VS Code, and confirm Continue.dev is installed and you are signed in.
3. Configure Continue.dev to point to your local Lemonade endpoint (default: http://localhost:8000/api/v1).
4. Prompt the AI assistant in VS Code to create the initial web application.
5. Review the AI-generated code directly in the VS Code editor with the Problems panel for quick error detection.
6. Run and test the final application with Node.js, and curl to verify endpoints. (Windows 11 contains Curl by default. You can also download and install from https://curl.se/windows/.)

### Installing tools

#### Installing Lemonade Server

1. Open a browser.
2. Navigate to https://lemonade-server.ai/.
3. Download Windows 11.
4. Save Lemonade_Server_Installer.exe file locally.
5. Run Lemonade_Server_Installer.exe.
6. At the Welcome screen, click Next.
7. At the Choose Components screen, accept defaults, and click Next.
8. At the Select Installation Directory, accept defaults, and click Install.

#### Installing VS Code

1. Open a browser.
2. Navigate to https://code.visualstudio.com/download.
3. Click the Windows 10, 11 button.
4. Save VSCodeUserSetup-x64-1.104.3.exe locally.
5. Run VSCodeUserSetup-x64-1.104.3.exe.
6. At the License Agreement screen, select I accept the agreement, and click Next.
7. At the Select Additional Tasks screen, accept defaults, and click Next.
8. At the Ready to Install screen, click Install.

#### Installing Continue.dev

1. Open VS Code.
2. On the left sidebar, click Extensions.
3. Type `Continue` in the search bar, and on the Continue - open-source AI code agent extension, click Install.

#### Installing Node.js

1. Open a browser.
2. Navigate to https://nodejs.org/en/download.
3. Click the Windows Installer (.msi) button.
4. Save node-v22.20.0-x64.msi locally.
5. Run node-v22.20.0-x64.msi.
6. At the Welcome screen, click Next.
7. At the License Agreement screen, click I accept the terms in the license agreement, and click Next.
8. At the Destination Folder screen, accept defaults, and click Next.
9. At the Custom Setup screen, accept defaults, and click Next.
10. At the Tools for Native Modules screen, accept defaults, and click Next.
11. At the Ready to Install Node.js screen, click Install.

## Preparing to test

**Setting up Lemonade Server**

1. Launch Lemonade Server.
2. Lemonade Server will run in the system tray. Right-click the lemon, and select Model Manager.
3. On the left sidebar, click Coding.
4. Download the Qwen3-Coder-30B-A3B-Instruct-GGUF model.
5. Allow the model to fully download.
6. Setting up Continue.dev
7. Open VS Code.
8. On the left side of VS Code, click Continue in the Activity Bar to open the Continue sidebar.
9. In the Continue sidebar, click the agent selector drop-down menu above the chat dialog box, hover over Local Agent, and click the gear to open your config file (config.yaml). This will add a Local Agent pointing to Lemonade.
10. Paste this minimal model block into config.yaml:

```
name: Lemonade Local
version: "1"
schema: v1
models:
name: Qwen3 Coder 30B (Lemonade)
provider: openai
model: Qwen3-Coder-30B-A3B-Instruct-GGUF
apiBase: "http://localhost:8000/api/v1"
apiKey: "unused"
roles: [chat, edit, apply, summarize]
defaultCompletionOptions:
temperature: 0.2
maxTokens: 1024
```

11. Save the file. Click Reload config in the Continue sidebar. Select Qwen3 Coder 30B (Lemonade) from the agent drop-down menu.
12. To perform a quick smoke test, in the Continue chat box, type a reply with the word `READY` only. You should receive the response READY.

## Preparing the local LLM server

1. Launch Lemonade Server. Lemonade Server will run in the system tray.
2. Right-click the lemon, and select Model Manager.
3. Prepare the stopwatch.
4. Simultaneously start the stopwatch and, from the drop-down menu, select Qwen3-Coder-30B-A3B-Instruct-GGUF. When the model has loaded, the model name will turn green in the upper-right corner of the web UI.

## Configuring Continue.dev in VS Code

1. Open VS Code.
2. To open the Continue sidebar, click the Continue icon in the Activity Bar on the left side of VS Code.
3. On the Continue sidebar, click the + to start a new session.
4. Ensure Qwen3 Code 30B (Lemonade) is selected in the model drop-down menu.

## Creating the initial web application (HTTP server)

1. In the Continue.dev chat panel in VS Code, enter the following prompt:

```
Create an HTTP server with Javascript on port 3000 with these exact routes:
- GET /api/users - return users array
- POST /api/users - create user from JSON body
Use in-memory storage with default user 'mexicat', include CORS, JSON parsing, and basic error
handling. Single file only.
```

2. Wait for the model to finish generating its response. Copy the created js contents into a new file in VS Code.
3. With the new file tab open, go to File → Save As…, choose the folder in which you're working, and name the file `http_server.js`. Click Save.

## Verifying code is error-free

Check the Problems panel at the bottom of VS Code (Ctrl+Shift+M) and verify that there are no issues.

## Testing the application

1. Open the Terminal panel at the bottom of VS Code.
2. Navigate to the folder containing the http_server.js file.
3. To start the server, run `node http_server.js`.
4. Verify that the console outputs Server running on port 3000.
5. Open a new Terminal tab (Ctrl+Shift+`) to keep the server running.
6. To test the GET endpoint, run `curl.exe http://localhost:3000/api/users`. The HTTP server should respond with information about the created user. Responses won't always be the same given the vagueness of the creation prompt.
7. Upon verification of the endpoint, stop the stopwatch and record the time.

# Submitting a new Jira ticket

## Setting up Lemonade

1. Download and install Lemonade Server from https://lemonade-server.ai/
2. Proceed through the installation without changing any default options.
3. Make sure Run Lemonade Server now is checked before closing finishing the installation.
4. Right-click or left-click the Lemonade icon in your system tray popup again and select Open app.
5. In the Search models field, enter

```
gpt-oss-20b-mxfp4-GGUF
```

6. Select the download button on the gpt-oss-20b-mxfp4-GGUF model.
7. Click the llama.cpp category under the BY RECIPE panel. Scroll down to find gpt-oss-20b-mxfp4-GGUF and download it.
8. Load the newly installed gpt-oss-20b-mxfp4-GGUF model by clicking the Load icon next to the model name.
9. Close the Lemonade app.

## Setting up Generate AI PC

1. Launch the generateinstaller1216.exe file.
2. Click through the installation using the default selections.
3. After installation, launch Generate.
4. After the application loads the Register page, enter your username, password, and license key.
5. Click the Select Model drop-down menu in the upper-right corner, select gpt-oss-20b-mxfp4-GGUF.
6. After the model successfully loads, close Generate.

## Setting up JIRA

1. Go to https://www.atlassian.com/software/jira and sign up or log in using your account.
2. Select Continue without two-factor authentication.
3. Select Jira Service Management. It opens a new tab.
4. Make a note of the URL before /Jira/projects. For example: https://amdradteam1.atlassian.net.
5. Return to the previous tab.
6. Click the profile picture on the upper-right side of the screen, and select Account settings.
7. Select Security on the upper section of the screen.
8. Click Create and manage API tokens, and verify your identity.
9. Click Create API token, provide name and expiry date, and click Create.
10. Copy the generated API token and save it securely.
11. Click Done and close the tab.

## AI-enhanced workflow

1.  Run Lemonade-server application.
2.  Open Generate AIPC application, click MCP Playground and select the setting icon beside the JIRA option and fill in below details and click Save.

    - **JIRA-AUTH-TYPE:**      basic
    - **JIRA-URL:**                  (Type the URL saved in setup)
    - **JIRA-USERNAME:**      (Type the email address you used to signup/login into JIRA)
    - **JIRA-API-TOKEN:**      (Copy and paste the API token that you previously saved)

3.  Turn on the toggle beside the JIRA option and it will open Jira Chat.
4.  Simultaneously start the stopwatch and enter the following prompt:

```
Create a Jira Software Blocker ticket with the following details:
Project Name: Core Platform Stability
Project Key: CPS
Issue Type: Bug
Priority: High
Due Date: 2025-02-05
Issue:
The latest nightly build cannot launch. Clicking Run closes the application instantly with no error
message. This fully blocks the team from testing new features and completing regression validation.
```

5.  Click Send. This will generate the ticket in JIRA based on your information provided.
6.  When the ticket generation is complete, stop the stopwatch.
7.  Record the time.
8.  Repeat steps 1 through 7 two more times.

## Traditional workflow

1.  Log into Jira.
2.  Simultaneously start the stopwatch and open the correct project dashboard.
3.  Click Create to open a new issue form.
4.  Manually enter all required fields, including project, issue type, assignee, due date, and priority.
5.  Type the full problem description yourself, including the key details of the issue.
6.  Review all information for accuracy and completeness.
7.  Click Create to submit the ticket manually.
8.  When the ticket is created, stop the stopwatch.
9.  Record the time.
10. Repeat steps 1 through 9 two more times.

## Drafting a document

### Installing LM Studio

1.  Open a browser and go to https://lmstudio.ai/download.
2.  Click Download for Windows, and wait for the download to finish.
3.  Launch the installation, and use the default settings throughout the installation.
4.  Finish the installation with the Run LM Studio option selected.
5.  Click Ok to close popups.
6.  Click the search icon on the upper-right corner of the app window.
7.  In the search bar, enter:

```
gemma-3-12b-it_q4-k-m model
```

8.  Select the matching option, and click the download button on the lower-right corner of the popup. Wait for the download to finish.
9.  Click the Load Model popup that occurs after the model has been downloaded.
10. Wait for the model to finish loading.
11. Close LM Studio.

## AI-enhanced workflow

1. Simultaneously start the stopwatch and launch LM Studio.
2. Start a new conversation.
3. Load the gemma-3-12b-it_q4-k-m model.
4. Wait for the model to load completely (this may take several minutes depending on hardware).
5. Type the following prompt:

```
write the first draft of a press release to announce our new Mexicat food dispenser product. it
should contain a brief description, sample quotes from our executives, a short feature list and when
it will be available
```

6. Click the paperclip on the prompt box and attach MexiCat Product Specifications.docx to the prompt.
7. Submit the prompt and wait for the complete response. Typical output looks like:

> **FOR IMMEDIATE RELEASE**
>
> MexiCat Launches Revolutionary Automatic Cat Food Dispenser Featuring Authentic Mexican Flavors!
>
> [City, State] – [Date] – Get ready to fiesta with your feline friend! MexiCat is thrilled to announce the launch of its innovative automatic cat food dispenser, designed to bring a taste of Mexico directly to your cat's bowl. The MexiCat provides pre-portioned servings of specially formulated Mexican-inspired dry cat food on a schedule you control, ensuring your kitty enjoys delicious and convenient meals.
>
> We saw a gap in the market for pet products that were both functional and fun, says [Executive Name], CEO of [Your Company Name]. The MexiCat isn't just an automatic feeder; it's an experience! We believe cats deserve exciting flavors, and our owners deserve peace of mind knowing their furry companions are well-fed.
>
> The MexiCat combines cutting-edge technology with a playful theme. It allows cat owners to schedule meals remotely via a mobile app (available for iOS and Android), ensuring consistent feeding even when they're away from home.
>
> **Key Features:**
>
> **Authentic Mexican Flavors:** Available in delicious varieties like Taco Fiesta, Enchilada Extravaganza, and Queso Crunch!
>
> **Programmable Scheduling:** Up to [Number] meals per day with adjustable portion sizes from [Minimum Portion] to [Maximum Portion].
>
> **Mobile App Control:** Manage schedules, adjust portions, and receive notifications directly on your smartphone.
>
> **Voice Recording Feature:** Record a personalized message for your cat to hear during mealtime.
>
> **Secure & Safe Design:** Features a secure locking lid and anti-tip design for pet safety.
>
> **Easy Cleaning:** Removable food bowl and hopper with dishwasher-safe components (top rack only).
>
> **Low Food Indicator:** Alerts you when it's time to refill the hopper.
>
> [Quote about solving a common problem for cat owners - e.g., inconsistent feeding schedules, difficulty managing portions], adds [Executive Name], Head of Product Development at [Your Company Name]. The MexiCat simplifies pet care and brings joy to both cats and their humans.
>
> **Availability:**
>
> The MexiCat automatic cat food dispenser will be available for purchase on [Date] through [Retail Channels - e.g., your website, Amazon, select pet stores]. MSRP: $[Price].
>
> **About** [Your Company Name]:
>
> [Briefly describe your company and its mission – 1-2 sentences.]
>
> **Contact:**
>
> [Name of PR Contact]
> [Title]
> [Email Address]
> [Phone Number]

8. Open Microsoft Word.
9. Copy and paste press release draft from LM Studio to Word.
10. Review the first draft and fill in the missing details. Typical details include:

- **Company Location:** Austin, TX
- **Today's Date:** October 26, 2026
- **Executive Quotes:**

    - Maria Rodriguez, CEO of Purrfect Provisions Inc.
    - We've heard countless stories from cat owners struggling with inconsistent feeding schedules or difficulty managing portion sizes, adds David Chen, Head of Product Development at Purrfect Provisions Inc. The MexiCat simplifies pet care and brings joy to both cats and their humans.

- **Availability date and retailers:** available for purchase on November 15, 2023 through our website (www.MexicatFeeder.com), Amazon, and select independent pet stores nationwide.
- **Price:** $149.99
- **PR Contact information:**

    - Sarah Miller
    Public Relations Manager
    sarah.miller@purrfectprovisions.com
    (512) 555-1212

- **Company Mission:**

    - **About Purrfect Provisions Inc.:**
    Purrfect Provisions Inc. is a mission-driven company dedicated to creating innovative and enriching products for cats and their owners. We believe that pets deserve the best possible care and experience, combining quality ingredients with playful design.

11. When edits are complete, simultaneously stop the stopwatch and save the Word document.
12. Record the time.
13. Repeat steps 1 through 12 two more times.

## Traditional workflow

1. Simultaneously start the stopwatch and open Microsoft Word.
2. Open a copy of the MexiCat Product Specifications.docx for reference.
3. Create the first draft of the Press Release with placeholders for details. Use text below for sample:

> **FOR IMMEDIATE RELEASE**
>
> MexiCat Launches Revolutionary Automatic Cat Food Dispenser Featuring Authentic Mexican Flavors!
>
> [City, State] – [Date] – Get ready to fiesta with your feline friend! MexiCat is thrilled to announce the launch of its innovative automatic cat food dispenser, designed to bring a taste of Mexico directly to your cat's bowl. The MexiCat provides pre-portioned servings of specially formulated Mexican-inspired dry cat food on a schedule you control, ensuring your kitty enjoys delicious and convenient meals.
>
> We saw a gap in the market for pet products that were both functional and fun, says [Executive Name], CEO of [Your Company Name]. The MexiCat isn't just an automatic feeder; it's an experience! We believe cats deserve exciting flavors, and our owners deserve peace of mind knowing their furry companions are well-fed.
>
> The MexiCat combines cutting-edge technology with a playful theme.  It allows cat owners to schedule meals remotely via a mobile app (available for iOS and Android), ensuring consistent feeding even when they're away from home.
>
> **Key Features:**
>
> **Authentic Mexican Flavors:** Available in delicious varieties like Taco Fiesta, Enchilada Extravaganza, and Queso Crunch!
>
> **Programmable Scheduling:** Up to [Number] meals per day with adjustable portion sizes from [Minimum Portion] to [Maximum Portion].
>
> **Mobile App Control:** Manage schedules, adjust portions, and receive notifications directly on your smartphone.
>
> **Voice Recording Feature:** Record a personalized message for your cat to hear during mealtime.
>
> **Secure & Safe Design:** Features a secure locking lid and anti-tip design for pet safety.

**Easy Cleaning:** Removable food bowl and hopper with dishwasher-safe components (top rack only).

L**ow Food Indicator:** Alerts you when it's time to refill the hopper.

[Quote about solving a common problem for cat owners - e.g., inconsistent feeding schedules, difficulty managing portions], adds [Executive Name], Head of Product Development at [Your Company Name]. The MexiCat simplifies pet care and brings joy to both cats and their humans.

**Availability:**

The MexiCat automatic cat food dispenser will be available for purchase on [Date] through [Retail Channels - e.g., your website, Amazon, select pet stores].  MSRP: $[Price].

**About** [Your Company Name]:

[Briefly describe your company and its mission – 1-2 sentences.]

**Contact:**

[Name of PR Contact]
[Title]
[Email Address]
[Phone Number]

4.  Review the first draft and fill in the missing details. Typical details include:

- **Company Location:** Austin, TX
- **Today's Date:** October 26, 2026
- **Executive Quotes:**

    - Maria Rodriguez, CEO of Purrfect Provisions Inc.
    - We've heard countless stories from cat owners struggling with inconsistent feeding schedules or difficulty managing portion sizes, adds David Chen, Head of Product Development at Purrfect Provisions Inc. The MexiCat simplifies pet care and brings joy to both cats and their humans.

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- **Price:** $149.99
- **PR Contact information:**

    - Sarah Miller
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      sarah.miller@purrfectprovisions.com
      (512) 555-1212

- **Company Mission:**

    - **About Purrfect Provisions Inc.:**
      Purrfect Provisions Inc. is a mission-driven company dedicated to creating innovative and enriching products for cats and their owners. We believe that pets deserve the best possible care and experience, combining quality ingredients with playful design.

5.  When edits are complete, simultaneously stop the stopwatch and save the Word doc.
6.  Record the time.
7.  Repeat steps 1 through 6 two more times.

This project was commissioned by AMD.

**Primary contributors**

**Tech:** Jesse R., Travis B.

**Writing:** Laura W.

**Design:** Jared White

**PM:** Scott Luchene

**How we created this report**

A PT team, which includes the contributors we've listed and others, created this report and performed the technical work behind it. In addition to our use of AI in testing, we used AI to draft sections of this report.

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