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Perfect Dating Profile Template

The exact framework, fill-in prompts, and photo checklist that
gets 10× more matches — ready to use today.

Tinder

Hinge

Bumble

All
Apps

LUSTDR.COM — IDEAS WORTH SHARING

What Makes a Profile Actually Work

Most profiles fail for the same 3 reasons: generic prompts ("I love to laugh"), low-quality photos, and no clear personality signal. This template fixes all three with a proven framework used by dating coaches and backed by behavioural research.

3s

Time spent deciding to swipe
right or left

90%

Of match decisions driven by
photos alone

3x

More matches with a
complete, specific bio

58%

Higher response rate with
personalised openers

Section 1

The Bio Formula — 3 Lines That Work

All Platforms

The best bios follow a consistent structure: *Specific Identity* → *Interesting Contrast* → *Clear CTA or Hook*. Fill in the template below.

LINE 1 — SPECIFIC IDENTITY (WHO YOU ARE)

Example:

"Architect by day, amateur pasta-maker by night. Currently designing buildings and overcomplicating simple recipes."

LINE 2 — INTERESTING CONTRAST (UNEXPECTED DETAIL)

Example:

"Equal parts ambitious and genuinely happy doing nothing on a Sunday. I read a lot of non-fiction and watch a lot of reality TV. No apologies."

LINE 3 — HOOK OR CTA (SOMETHING TO RESPOND TO)

Example:

"If you have strong opinions about the best pizza in this city, we'll get along. Bonus points if you can recommend a book I haven't read."

YOUR FULL BIO DRAFT

Rule: Read your bio out loud. If it sounds like anyone else's, rewrite it. Specificity is the only differentiator.

Hinge prompts are your conversation starters. Choose prompts that are specific, slightly unexpected, and easy to respond to. Avoid anything generic.

PROMPT 1 — CHOOSE A PROMPT THAT INVITES A STORY

Strong prompt:

"I'm convinced that..." / "A non-negotiable for me is..." / "The most spontaneous thing I've done..."

YOUR ANSWER (2-3 SENTENCES MAX, END WITH AN IMPLICIT QUESTION)

PROMPT 2 — SOMETHING THAT REVEALS PERSONALITY OR VALUES

Strong prompt:

"I go crazy for..." / "My simple pleasures..." / "Typical Sunday..."

YOUR ANSWER

PROMPT 3 — SOMETHING PLAYFUL OR SURPRISING

Strong prompt:

"Worst idea I've ever had..." / "I'll know it's serious when..." / "Two truths and a lie..."

YOUR ANSWER

Section 3

The 6-Photo Framework

All Platforms

Photos drive 90% of swipe decisions. Use this framework — one photo type per slot, in this order.

Photo 1 — Clear face shot (hero photo)

Natural light, genuine smile, eyes visible, no sunglasses. This is your cover — make it count.

Photo 2 — Full body / lifestyle

Shows your physique and how you spend your time. Activity photo — hiking, cooking, at an event.

Photo 3 — Social proof

With friends (not partner-looking people). Shows you're fun to be around and have people who choose to spend time with you.

Photo 4 — Passion / hobby

Doing something you genuinely love. Authenticity reads instantly. Staged photos do not.

Photo 5 — Travel or adventure

Signals curiosity, open-mindedness, and life experience. Even a local place you love works.

Photo 6 — Dressed up (optional but high-value)

Shows you clean up well. A wedding, dinner, or event photo in nice clothing.

PHOTOS TO REMOVE

Group photos where you're hard to identify

Sunglasses in every photo

Gym selfies in the mirror

Photos more than 3 years old

Low resolution or dark photos

PHOTO AUDIT — RATE EACH (1–5)

Photo 1 clarity and smile: ___/5

All photos are recent and accurate: ___/5

Variety across settings and moods: ___/5

Face clearly visible in first photo: ___/5

Natural light in majority of photos: ___/5

Section 4

First Message Framework

All Platforms

58% higher response rate comes from personalised openers that reference something specific in the profile. Use the formula: *Observation + Genuine Reaction + Open Question*.

Formula in action:

"The photo at [specific place] — did you actually [do the thing]? I've always wanted to but always talked myself out of it."

Or for a prompt answer:

"Your answer about [their prompt] is the most honest thing I've read on here in weeks. What's the story behind [specific detail]?"

YOUR OPENER TEMPLATE (PERSONALISE FOR EACH MATCH)

Never send: "Hey", "How's your week going?", or any opener that requires zero effort. They signal zero interest.

TINDER

- 📌 Bio: max 500 chars — punchy, not a CV
- 📌 First photo is everything — test multiple
- 📌 Use Spotify anthem to show personality
- 📌 Smart Photos on — lets algorithm test best

BUMBLE

- 📌 Women message first — bio must give them material
- 📌 End bio with an easy conversation hook
- 📌 Be responsive — matches expire in 24h

HINGE

- 📌 All 3 prompts must be filled — non-negotiable
- 📌 Choose prompts that complement, not repeat, your bio
- 📌 Use Voice Prompts — 94% of users never do this
- 📌 Like specific photos/answers, not just profiles
- 📌 Refresh prompts every 3–4 weeks

ALL PLATFORMS

- 📌 Profile review completed by one honest friend
- 📌 Profile reflects who you actually are at your best

"The goal of a dating profile isn't to appeal to everyone. It's to signal clearly to the right person that you exist — and that you're worth a conversation."