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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	90%	3×	58%
Time spent deciding to swipe right or left	Of match decisions driven by photos alone	More matches with a complete, specific bio	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.

Section 2

Hinge Prompt Answers That Get Responses

Hinge

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.

Section 5

Platform-Specific Optimisation

Tinder / Hinge / Bumble

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."