

# DATING PROFILE REVIEW CHECKLIST

For Single Dads

## SCORING DASHBOARD

 Section 1: Photo Audit     /12  Section 2: Bio/About Me     /10

 Section 3: Prompts/Questions     /8  Section 4: Profile Settings     /6

 Section 5: Overall Vibe Check     /10

**TOTAL SCORE:     /46**

## SECTION 1: PHOTO AUDIT

12 Points

- At least 4-6 photos total
- Clear, high-quality first photo (face visible, smiling, well-lit)
- No group photos as your first photo
- Variety: headshot + full-body + lifestyle/hobby shot
- Recent photos (within last year)
- No gym selfies or mirror pics as main photo
- At least one photo that shows you're a dad (subtle, not overwhelming)
- No photos with ex or other women cropped out
- Good lighting in most photos
- Natural smile in at least 2 photos
- Photos show your personality/interests
- No sunglasses in your primary photo

## SECTION 2: BIO/ABOUT ME AUDIT

10 Points

- You mention being a dad (brief, positive, not apologetic)
- You share your values or what matters to you
- You mention hobbies or interests

- It's written in a positive, confident tone
- No negativity about ex/divorce
- No "no drama" or defensive statements
- It's specific (not generic "I like to have fun")
- Shows personality/humor
- Mentions what you're looking for
- Under 150 words (concise, not rambling)

### SECTION 3: PROMPTS/QUESTIONS AUDIT

8 Points

- You answered at least 3 prompts/questions
- Answers are specific and personal
- At least one answer is funny or shows personality
- You mention something conversation-worthy
- No one-word answers
- No clichés ("The Office," "tacos," "adventures")
- At least one answer hints at what you value
- Answers give potential matches something to respond to

### SECTION 4: PROFILE SETTINGS AUDIT

6 Points

- Age range preference is realistic
- Distance range is set appropriately
- Relationship goals are clear ("long-term," "serious")
- Deal-breakers are listed (if applicable)
- Education/job info is filled out
- Height is listed (if required by app)

### SECTION 5: OVERALL VIBE CHECK

10 Points

- Profile feels authentic and genuine
- Doesn't come across as trying too hard
- Shows confidence without arrogance

- Balance of dad life + personal identity
- Photos and text align (consistent message)
- Feels warm and approachable
- Not desperate or needy tone
- Clear you've put thought into it
- Would YOU swipe right on this profile?
- Ready to attract quality matches?

 **40+ Points: Ready to Launch**

Your profile is strong! Time to start swiping.

 **30-39 Points: Needs Work**

You're close. Fix the gaps and relaunch.

 **Below 30 Points: Not Ready**

Significant improvements needed before going live.

 **PRO TIPS**

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- Get a friend to review your profile honestly
- Test your bio by reading it out loud—does it sound like you?
- Update photos every 3-6 months
- If you're not getting matches, the profile needs work (not the app)