AIFreeForever

The Dating Profile Guide for 2026

A good dating bio sounds like you, gives a match something to reply to, and fits the app you use. This guide covers what each app wants, the five bio tones, a fill-in formula, the clichés to cut and a checklist to run before you publish.

What each app wants

App	Length	What works
Tinder	50 to 80 words, under 500 characters	Short and punchy, one funny detail, an easy question
Bumble	Under 300 characters	Your values and a clear conversation starter
Hinge	50 to 100 words per answer	Specific stories in the prompt answers
OKCupid	100 to 150 words	More detail on interests and what you want

The five bio tones

1. **Funny and Light.** Playful lines that show you do not take yourself too seriously.
2. **Romantic and Sweet.** Warm words about connection and what you are looking for.
3. **Clever and Witty.** Wordplay and sharp observations for people who love banter.
4. **Honest and Direct.** Clear about who you are and what you want.
5. **Cool and Minimal.** A few confident words that leave room for questions.

A fill-in bio formula

One line about you, one specific detail, one line about what you want, one question. Example: *"Weekend hiker and ramen perfectionist. I once got lost on a two-mile trail and still call it an adventure. Looking for someone who likes long walks and longer lunches. What is the best view you have ever earned?"*

Who I am	
A specific detail	
What I am looking for	
My question	

Clichés to cut

- "I love to laugh" and "I love to travel": say where and what made you laugh.
- "Partner in crime" and "looking for my other half": say what you want to do together.
- "Ask me anything": give one topic people can ask about.
- Lists of what you do not want: write about what you enjoy instead.

Checklist before you publish

- It sounds like you when you read it out loud.
- It fits the length your app wants.
- It has at least one specific detail and one question.
- It is positive and respectful, with nothing you would not say on a first date.
- Every fact in it is true.

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