

Dating Profile Worksheet

Before you go online, here's what you need to decide...

- What is the name I am going to use for my online name
- What "tagline" will I use
- What will I write for the "About Me" section
- What photos will I use

Guidance on names and taglines can be found in the [chapter on "Online names."](#) Guidance on photos can be found in the second section.

You will also be asked to provide basic information about yourself. The following worksheet will help you plan your answers to those questions. It is drawn from the profile questions found on Match.com. Other sites will ask for similar information. By going through this worksheet, you will be prepared for most of what you'll be asked.

Appearance	Body Type		
<input type="checkbox"/>	Slender	<input type="checkbox"/>	Few extra pounds
<input type="checkbox"/>	About average	<input type="checkbox"/>	Stocky
<input type="checkbox"/>	Athletic and toned	<input type="checkbox"/>	Big & Beautiful
<input type="checkbox"/>	Heavyset	<input type="checkbox"/>	Curvy
		<input type="checkbox"/>	Full-figured
Appearance	Eye Color		
<input type="checkbox"/>	Black	<input type="checkbox"/>	Gray Hazel
<input type="checkbox"/>	Blue	<input type="checkbox"/>	Green
<input type="checkbox"/>	Brown	<input type="checkbox"/>	Hazel
Appearance	Hair Color		
<input type="checkbox"/>	Black	<input type="checkbox"/>	Auburn/Red

<input type="checkbox"/>	Blonde	<input type="checkbox"/>	Gray
<input type="checkbox"/>	Dark blonde	<input type="checkbox"/>	Salt & pepper
<input type="checkbox"/>	Light brown	<input type="checkbox"/>	Platinum
<input type="checkbox"/>	Dark brown	<input type="checkbox"/>	Silver
		<input type="checkbox"/>	Bald
Interests	Sports & Exercise		
<input type="checkbox"/>	Aerobics	<input type="checkbox"/>	Martial arts
<input type="checkbox"/>	Auto racing / Motorcross	<input type="checkbox"/>	Running
<input type="checkbox"/>	Baseball	<input type="checkbox"/>	Skiing
<input type="checkbox"/>	Basketball	<input type="checkbox"/>	Soccer
<input type="checkbox"/>	Billiards / Pool	<input type="checkbox"/>	Swimming
<input type="checkbox"/>	Bowling	<input type="checkbox"/>	Tennis / Racquet sports
<input type="checkbox"/>	Cycling	<input type="checkbox"/>	Volleyball
<input type="checkbox"/>	Dancing	<input type="checkbox"/>	Walking / Hiking
<input type="checkbox"/>	Football	<input type="checkbox"/>	Weights / Machines
<input type="checkbox"/>	Golf	<input type="checkbox"/>	Yoga
<input type="checkbox"/>	Hockey	<input type="checkbox"/>	Other types of exercise
<input type="checkbox"/>	Inline skating	<input type="checkbox"/>	Any
Interests	Common Interests		
<input type="checkbox"/>	Alumni connections	<input type="checkbox"/>	Exploring new areas
<input type="checkbox"/>	Book club	<input type="checkbox"/>	Nightclubs/Dancing
<input type="checkbox"/>	Business networking	<input type="checkbox"/>	Performing arts
<input type="checkbox"/>	Camping	<input type="checkbox"/>	Playing cards
<input type="checkbox"/>	Coffee and conversation	<input type="checkbox"/>	Playing sports
<input type="checkbox"/>	Cooking	<input type="checkbox"/>	Political interests
<input type="checkbox"/>	Dining out	<input type="checkbox"/>	Religion/Spiritual
<input type="checkbox"/>	Fishing/Hunting	<input type="checkbox"/>	Shopping/Antiques
<input type="checkbox"/>	Gardening/Landscaping	<input type="checkbox"/>	Travel/Sightseeing
<input type="checkbox"/>	Hobbies and crafts	<input type="checkbox"/>	Video games
<input type="checkbox"/>	Movies/Videos	<input type="checkbox"/>	Volunteering
<input type="checkbox"/>	Museums and art	<input type="checkbox"/>	Watching sports
<input type="checkbox"/>	Music and concerts	<input type="checkbox"/>	Wine tasting
		<input type="checkbox"/>	Any
Background/	Marital Status		

Values			
<input type="checkbox"/>	Never married	<input type="checkbox"/>	Divorced
<input type="checkbox"/>	Currently separated	<input type="checkbox"/>	Widow / Widower
		<input type="checkbox"/>	Any
Background/ Values	Ethnicity		
<input type="checkbox"/>	Asian	<input type="checkbox"/>	Native American
<input type="checkbox"/>	Black / African descent	<input type="checkbox"/>	Pacific Islander
<input type="checkbox"/>	East Indian	<input type="checkbox"/>	White / Caucasian
<input type="checkbox"/>	Latino / Hispanic	<input type="checkbox"/>	Other
<input type="checkbox"/>	Middle Eastern	<input type="checkbox"/>	Any
Background/ Values	Faith		
<input type="checkbox"/>	Agnostic	<input type="checkbox"/>	Christian / Protestant
<input type="checkbox"/>	Atheist	<input type="checkbox"/>	Hindu
<input type="checkbox"/>	Buddhist / Taoist	<input type="checkbox"/>	Jewish
<input type="checkbox"/>	Christian / Catholic	<input type="checkbox"/>	Muslim / Islam
<input type="checkbox"/>	Christian / LDS	<input type="checkbox"/>	Other
<input type="checkbox"/>	Christian / Other	<input type="checkbox"/>	Spiritual but not religious
		<input type="checkbox"/>	Any
Background/ Values	Education		
<input type="checkbox"/>	High school	<input type="checkbox"/>	Bachelors degree
<input type="checkbox"/>	Some college	<input type="checkbox"/>	Graduate degree
<input type="checkbox"/>	Associates degree	<input type="checkbox"/>	PhD/post doctoral
		<input type="checkbox"/>	Any
Background/ Values	Languages		
<input type="checkbox"/>	Arabic	<input type="checkbox"/>	Norwegian
<input type="checkbox"/>	Chinese	<input type="checkbox"/>	Portuguese
<input type="checkbox"/>	Dutch	<input type="checkbox"/>	Russian
<input type="checkbox"/>	English	<input type="checkbox"/>	Spanish
<input type="checkbox"/>	French	<input type="checkbox"/>	Swedish
<input type="checkbox"/>	German	<input type="checkbox"/>	Tagalog
<input type="checkbox"/>	Hebrew	<input type="checkbox"/>	Urdu

<input type="checkbox"/>	Hindi	<input type="checkbox"/>	Urdu
<input type="checkbox"/>	Italian	<input type="checkbox"/>	Other
<input type="checkbox"/>	Japanese	<input type="checkbox"/>	Any
Background/ Values			
Political Views			
<input type="checkbox"/>	Ultra Conservative	<input type="checkbox"/>	Middle of the road
<input type="checkbox"/>	Very Liberal	<input type="checkbox"/>	Non-conformist
<input type="checkbox"/>	Conservative	<input type="checkbox"/>	Some other viewpoint
<input type="checkbox"/>	Liberal	<input type="checkbox"/>	Any
Lifestyle			
Smoking			
<input type="checkbox"/>	No way	<input type="checkbox"/>	Yes, but trying to quit
<input type="checkbox"/>	Cigar aficionado	<input type="checkbox"/>	Occasionally
<input type="checkbox"/>	Daily	<input type="checkbox"/>	Any
Lifestyle			
Drinking			
<input type="checkbox"/>	Never	<input type="checkbox"/>	Moderately
<input type="checkbox"/>	Social drinker	<input type="checkbox"/>	Regularly
		<input type="checkbox"/>	Any
Lifestyle			
Exercise Frequency			
<input type="checkbox"/>	Never	<input type="checkbox"/>	Exercise 3-4 times per week
<input type="checkbox"/>	Exercise 1-2 times per week	<input type="checkbox"/>	Exercise 5 or more times per week
		<input type="checkbox"/>	Any
Lifestyle			
Have kids			
<input type="checkbox"/>	No	<input type="checkbox"/>	Yes, and they live at home
<input type="checkbox"/>	Yes, and they sometimes live at home	<input type="checkbox"/>	Any
<input type="checkbox"/>	Yes, and they live away from home	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
Lifestyle			
Want kids			
<input type="checkbox"/>	Definitely	<input type="checkbox"/>	Probably not
<input type="checkbox"/>	Some day	<input type="checkbox"/>	No, I don't want kids
<input type="checkbox"/>	Not sure	<input type="checkbox"/>	No, but it's ok if my partner has kids

Lifestyle	Occupation		
<input type="checkbox"/>	Administrative / Secretarial	<input type="checkbox"/>	Nonprofit / Volunteer / Activist
<input type="checkbox"/>	Architecture / Interior design	<input type="checkbox"/>	Political/ Govt./ Civil Service
<input type="checkbox"/>	Artistic / Creative / Performance	<input type="checkbox"/>	Retail / Food services
<input type="checkbox"/>	Education / Teacher / Professor	<input type="checkbox"/>	Retired
<input type="checkbox"/>	Executive / Management	<input type="checkbox"/>	Sales / Marketing
<input type="checkbox"/>	Fashion / Model / Beauty	<input type="checkbox"/>	Self-Employed / Entrepreneur
<input type="checkbox"/>	Financial/Accounting/Real Estate	<input type="checkbox"/>	Student
<input type="checkbox"/>	Labor / Construction	<input type="checkbox"/>	Tech/Science/Computers/Engineer
<input type="checkbox"/>	Law enforcement/Security/Military	<input type="checkbox"/>	Travel/Hospitality/Transportation
<input type="checkbox"/>	Legal	<input type="checkbox"/>	Other profession
<input type="checkbox"/>	Medical / Dental/Veterinary/Fitness	<input type="checkbox"/>	No answer
Lifestyle	Salary		
<input type="checkbox"/>	Less Than \$25,000	<input type="checkbox"/>	\$75,001 to \$100,000
<input type="checkbox"/>	\$25,001 to \$35,000	<input type="checkbox"/>	\$100,001 to \$150,000
<input type="checkbox"/>	\$35,001 to \$50,000	<input type="checkbox"/>	\$150,001+
<input type="checkbox"/>	\$50,001 to \$75,000	<input type="checkbox"/>	Any
Lifestyle	Sign		
<input type="checkbox"/>	Aquarius	<input type="checkbox"/>	Pisces
<input type="checkbox"/>	Aries	<input type="checkbox"/>	Sagittarius
<input type="checkbox"/>	Cancer	<input type="checkbox"/>	Scorpio
<input type="checkbox"/>	Capricorn	<input type="checkbox"/>	Taurus
<input type="checkbox"/>	Gemini	<input type="checkbox"/>	Virgo
<input type="checkbox"/>	Leo	<input type="checkbox"/>	I don't believe in astrology
<input type="checkbox"/>	Libra	<input type="checkbox"/>	Any
Lifestyle	Pets		
	They have	They like but don't have	No Opinion
Birds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dogs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Exotic Pets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Horses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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