

# My Trip Profile Template

AI Puppy Playbook | Type directly into each field below



Fill this in before every AI travel planning conversation, then paste your profile into any AI tool.

## THE TRIP

### TRIP LENGTH

Number of days away

### TIME OF YEAR

Month or season you are traveling

### DEPARTURE CITY

Where you are flying or driving from

### DESTINATION IDEAS

Known destination or open to suggestions

## WHO YOU ARE AS A TRAVELER

### TRAVEL STYLE

Slow and relaxed / fast-paced / somewhere in between

### DAILY PACE

Rest time needed / can go all day / morning slow, afternoon active

### TRAVELING WITH

Alone / with partner / with family — describe who

### BUDGET RANGE

Rough daily or overall trip budget

## INTERESTS AND PRIORITIES

### WHAT I ENJOY

History / food / nature / art / walking / culture / shopping

### MUST-HAVES

Anything non-negotiable for this trip

### WHAT TO AVOID

Crowds / long drives / tourist traps / expensive dining / other

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## PRACTICAL CONSIDERATIONS

### PHYSICAL CONSIDERATIONS

Walking limits / stairs / climate sensitivity / dietary needs

### ACCOMMODATION PREFERENCE

Hotel / B&B / rental / specific neighborhood

### TRANSPORTATION AVAILABLE

Car rental / public transit / walking only / other

## THE FEELING I'M LOOKING FOR

### TRIP FEELING

Rested / adventurous / culturally rich / connected / other

### ONE THING THAT WOULD MAKE THIS TRIP PERFECT

### ONCE COMPLETED — PASTE INTO ANY AI TOOL AND SAY:

"Based on this traveler profile, suggest three destinations that would be a strong match for us — including at least one I probably haven't considered. For each tell me: why it matches our profile, the best time to go, one thing that makes it particularly right for travelers like us, and one honest caveat."