

My Trip Profile Template

AI Puppy Playbook | Travel Planning With AI | Week 15



Use this template before every trip planning conversation. Fill in the brackets, then paste your completed profile into any AI tool as the starting point for destination research, itinerary building, and logistics planning.

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 budget 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

PRACTICAL CONSIDERATIONS

PHYSICAL CONSIDERATIONS

Walking limits / stairs / climate / dietary needs

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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

PASTE THIS PROFILE 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."