

## BODY BASICS EXAMPLE

To convey a character's physical features to readers, authors must first have a mental picture themselves. Focus on specific descriptive wording for each character's basic qualities as you plot the details on the worksheet below. Don't forget to check the [Physical Features Thesaurus](#) when planning your character. Click [here](#) for a blank template of this tool.

Character's Name, Age and Sex:

Sabrina Mills, Age 17, Female

Race or Heritage:

Caucasian

Hair Color and Style:

Deep honey-red hair, short and choppy layers, long side-swept bangs

Eye Color and Shape:

Sage green with gold flecks; is teased for having "kitty puke green eyes"

Skin Tone and Texture:

Freckled, pale skin; sometimes gets dark shadows under the eyes when she isn't sleeping well

Body Shape and Muscle Mass:

Athletic, wide shoulders and well-muscled arms from swimming; good upper body strength

Height:

5'6

**Weight:**

121 pounds

**Body Posture & Bearing:**

At the pool, she stands tall and carries herself with confidence. At school, less confident: rounded shoulders, a chin ducked, hesitant

**Distinguishing Facial Features (lips, cheekbones, eyebrow shape, nose, teeth, etc.):**

Thin, almost invisible pale eyebrows, full lips, a slender nose, teeth exceptionally straight from braces just removed

**Notable Details for Hands and Fingernails (Texture, Shape, Size and Condition, etc.):**

Hands are often dry and chapped from chlorine; nails cut short and painted a denim shade of blue (favorite color)

**Distinguishing Marks (tattoos, scars, callouses, moles, dimples, wrinkles, age spots, piercings, etc.):**

A scar runs through one eyebrow (thin) from a childhood fall; she's self-conscious about it and how it deforms the

**Injuries, Deformities, or Physical Challenges Affecting Movement:**

Missing a calf muscle in one leg (birth defect) but it doesn't affect movement or gait

**Overall Condition and Presentation (hygiene choices, level of pride in one's appearance, etc.):**

Dresses neatly; hair is a purposely messy style

**Clothing Style Preferences:**

Wears baggy hoodies with skinny jeans but enjoys bright colors, especially reds and yellows

**Enhancements (has glasses, uses a hearing aid, wears a leg brace, is wheelchair-bound, etc.)**

None

**Common Adornments: (a Bluetooth clipped to the ear, or wears a gold locket, a scarf or watch, etc.)**

Wears a fraying braided bracelet (red and yellow), a gift from her little sister before she died

Other:

Always carries a small folding pocketknife hidden in her jeans pocket



ONE STOP  
F O R  
WRITERS