

The
**CHARACTER
SHEET KIT**

The five-frame layout, a prompt tested on GPT Image and Nano Banana, and the method we use to keep one face identical in every shot.



Same face, every shot, starting tonight.

Most AI characters drift. The nose grows between shots, the freckles wander, the hair goes from auburn to blonde by scene four. The model isn't being difficult. It's guessing, because you gave it too little to go on.

This kit is the fix we use on our own films: one reference sheet per character, built before the first shot and attached to every shot after it.

You get the blank five-frame layout, a sheet prompt for each of the two models we use, tested before we sent it, and the method around them. We'll build one character the whole way through: Wren, early twenties, dark wavy bob, freckles.

One picture can't hold a face.



One photo, alone on the table. Not enough.

Words re-roll a face every generation. "Green eyes, sharp jaw" fits a million people. A single front photo is better, but it says nothing about the profile, so the model invents one, and it invents a different one each time.

A sheet shows it every angle you'll shoot, in one image.

THE TEST

Ask for your character in profile. If you've never shown the model a profile, you're about to meet a stranger.

Five frames, two scales.



Three-quarter close-up beside a full-length profile. Different scale, different lesson.

Two close-ups for the face, three full-length frames for the body: front, side and back. The scale change is the point. Five headshots at slightly different angles blur into one picture. Put a close-up beside a head-to-shoes frame and every panel teaches something new. The back view is the one people skip, and the one the model invents worst.

- Front close-up, and a three-quarter close-up with both eyes visible.
- Profile, full length: a true 90 degrees.
- Front, full length: arms relaxed, shoes and floor in frame.
- Back, full length: the back of the hair, the cut of the clothes.

The sheet, setting by setting.

16:9 landscape

ASPECT

Room for five tall frames side by side at a usable size.

Five equal, hairline gutters

FRAMES

Keeps each view distinct while the whole thing reads as one sheet.

Plain light grey, one continuous sweep

BACKDROP

A coloured wall bounces onto skin and hair, and the model learns it.

Soft even key from camera left, gentle fill

LIGHT

A sheet lit at sunset teaches the wrong hair colour. Save drama for shots.

Identical in all five frames

WARDROBE

One outfit per sheet. A new look gets a new sheet, same face.

50mm, real photography, visible pores

LENS

Honest proportions, and it stops the glossy illustrated look creeping in.

None. No labels, numbers or logos

TEXT

Ask for none, or the model letters your sheet for you.

The blank layout included with this kit is this grid. If your model takes more than one image, attach it beside your face reference as a layout guide.

Decide the face with headshots first.

If the character is new, don't start with the sheet. A full sheet is a lot of picture to throw away when the face is wrong. Headshots are cheap, and the face fills the frame.

Generate three or four 3:4 headshots. If you're working from a reference, name exactly what to take from it (the bob, the freckles, the jacket) and say the rest of the face is new. Otherwise you get the reference back with a different haircut.

Pick one headshot. That's the face. Only then build the sheet, with that headshot attached.

WHY IT MATTERS

A single reference pins a face hard. We asked a model to make a character younger and he barely changed. Choose the face early instead of arguing with it later.

Our test sheet, first try.



GPT Image, one run. Five frames, one person.

This is the GPT Image prompt on the next page, run once on Wren's headshot. Check yours the same way: the same face in both close-ups, a profile that shows one eye, and a back view where the hair and clothes match the front.

IF A PANEL SPLITS

Some models stack two portraits into one panel. Say "one row" and "nothing stacked", as the Nano Banana prompt does.

For GPT Image (ChatGPT).

Attach your chosen headshot, paste this, fill the two brackets. Tested on two characters: a clean five-frame sheet both times, first try.

COPY THIS

Use the attached photo as the exact face and hair. Create a live-action casting reference sheet of this one person, landscape 16:9. Five equal vertical frames side by side, separated by thin hairline gutters, on one continuous plain light-grey studio backdrop.

Frame 1: FRONT close-up, head and shoulders, facing the camera, eyes to the lens, neutral expression.

Frame 2: THREE-QUARTER close-up, head and shoulders turned 45 degrees, both eyes visible.

Frame 3: FULL-LENGTH SIDE PROFILE, head to shoes, body turned 90 degrees to face left, only one eye visible, floor visible.

Frame 4: FULL-LENGTH FRONT, head to shoes, standing straight, arms relaxed, floor visible.

Frame 5: FULL-LENGTH BACK VIEW, head to shoes, facing directly away from the camera, back of the head and hair visible, floor visible.

The same person in all five frames: [AGE, HAIR, EYES, SKIN, THE ONE FEATURE]. The same clothes in all five: [TOP, BOTTOM, SHOES].

The same soft, even studio light from camera left. Real photography, 50mm lens, natural skin texture. No text, labels or numbers.

→ Ask for landscape. A square canvas squeezes five frames.

→ Facts in the brackets: "freckles across the nose", not "pretty".

For Nano Banana 2 (Gemini).

Set the aspect ratio to 16:9 and attach the headshot. This wording is longer on purpose: it stops a known layout bug.

COPY THIS

5-panel contact sheet, 2752 x 1536 pixels, landscape 16:9. Exactly five tall panels side by side in a single row, each about 550 pixels wide and the full 1536 pixels tall, separated by thin hairline gutters. Each panel holds ONE photograph only: no panel is split, nothing is stacked. One continuous plain light-grey studio backdrop. A live-action casting reference sheet of the person in the reference image: keep the exact face and hair.

Panel 1: FRONT close-up, head and shoulders, facing the camera, eyes to the lens, neutral expression.

Panel 2: THREE-QUARTER close-up, head and shoulders turned 45 degrees, both eyes visible.

Panel 3: FULL-LENGTH SIDE PROFILE, head to shoes, body turned 90 degrees to face left, only one eye visible, floor visible.

Panel 4: FULL-LENGTH FRONT, head to shoes, standing straight, arms relaxed, floor visible.

Panel 5: FULL-LENGTH BACK VIEW, head to shoes, facing directly away from the camera, back of the head and hair visible, floor visible.

Identical in all five panels: [AGE, HAIR, EYES, SKIN, THE ONE FEATURE]; wearing [TOP, BOTTOM, SHOES]; soft even studio light from camera left. Real photography, 50mm lens, natural skin texture. No text, labels or numbers.

→ Without the "single row, nothing stacked" lines, it split our close-ups into a grid.

→ With them: three clean sheets out of three.

Change a feature with two photos, not adjectives.

Models ignore size words. We asked for a nose a third bigger and got the same nose back.

What works: make two versions, one with the feature too small and one too big. Attach both and ask for the face exactly halfway between them. Once the model can see the range, it can land inside it.

Fix the feature at headshot stage, then rebuild the sheet. Don't patch a finished sheet one frame at a time.

WATCH FOR

Some models sand an unusual feature back toward average. In our tests Nano Banana softened an exaggerated face and GPT Image held it.

One name. One description. Word for word.

Name the character and write a description you will never edit. Paste both, unchanged, into every prompt. Rewording it is an invitation to drift.

COPY THIS

WREN (identity, do not change): woman in her early twenties, chin-length dark-brown wavy bob with soft curtain bangs, light freckles across the nose and cheeks, warm hazel eyes, natural brows, no-makeup look.

WREN (wardrobe, this sheet): plain black crew-neck t-shirt, straight-leg black trousers, black leather loafers, no jewellery.

Your version:

[NAME] (identity, do not change): [AGE], [HAIR: LENGTH, COLOUR, TEXTURE, CUT], [THE ONE FEATURE], [EYES], [BROWS, SKIN].

[NAME] (wardrobe, this sheet): [TOP], [BOTTOM], [SHOES], [JEWELLERY OR NONE].

- Identity and wardrobe live in separate blocks, so a costume change never touches the face.
- No light or mood words in the identity block. "Golden hour" turns auburn hair blonde.
- Same name everywhere: prompts, file names, your shot list.

Build from the sheet. Never from the last frame.



A copy of a copy. This is what editing the edit does.

Each generation built from the previous output drifts a little. Ten steps later you have a cousin. Attach the original sheet every time, even when the last shot looks perfect.

Stills first, then video. Make each shot's start frame as an image with the sheet attached, check it, then animate that frame. If your video model takes reference images, attach the sheet there too.

Three blocks, always in this order.

Identity first, then the shot, then the look. Keeping them apart stops the lighting rewriting the face. Attach the sheet every time.

COPY THIS

Attached: the reference sheet for WREN. Match her face, hair and build exactly.

WREN (identity, do not change): [PASTE THE IDENTITY BLOCK].

WREN (wardrobe): [PASTE THE WARDROBE BLOCK, OR A NEW ONE].

SHOT: [FRAMING AND ANGLE], [WHAT SHE IS DOING], [WHERE].

For example: medium close-up, Wren at a bus stop at night, reading a text, rain on the shelter glass.

LOOK: [LENS], [LIGHT], [GRADE].

For example: 35mm, cold streetlight from above, teal shadows, fine grain.

- Two characters in one shot swap features. Label each sheet, or generate apart and composite.
- A new outfit is a new wardrobe block. The identity block never moves.
- The dramatic light goes here, in the shot. Never on the sheet.

Check every frame at full size.

DO

Open every frame at full size before you use it.

Check the three-quarter shows both eyes and the profile only one.

Compare freckles, hairline, ears and nose against the sheet, one by one.

Regenerate from the sheet when anything moves.

DON'T

Judge a face at thumbnail size. Drift hides in small images.

Accept a profile that's really a three-quarter turn.

Keep a frame because the lighting is gorgeous.

Build the next shot from the last output.

Your character

Fill this in before you open the model. The last line becomes your identity block, pasted into every prompt in this kit.

Name

One name, used everywhere: prompts, files, shot list.

Age

A range the model can see: "early twenties".

Hair

Length, colour, texture, cut. "Chin-length dark-brown wavy bob."

The one feature

What you'd notice across a room. Freckles, bangs, a nose.

Eyes, brows, skin

Facts, not adjectives. "Warm hazel", not "striking".

Wardrobe

Top, bottom, shoes, jewellery. One outfit per sheet.

Identity block

All of the above in one sentence. Never edit it again.

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Make the sheet tonight,
and the face stops
being the thing you
fight about tomorrow.

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