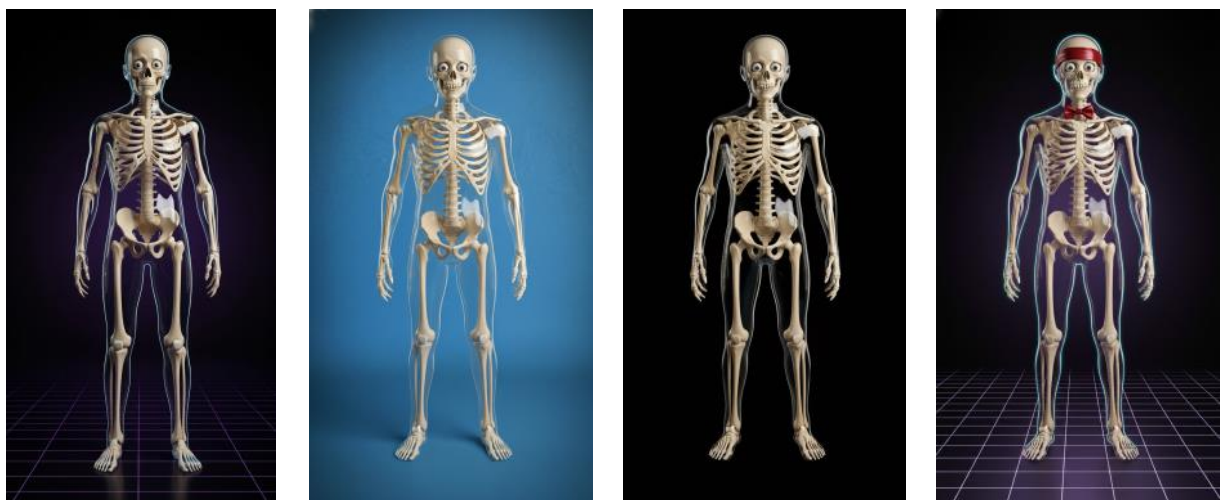


Characters Foundation DESIGN



BACKGROUND DESIGNS Template Prompt.

Below I have created, a background color template, I want you to generate at least 10 color template, in the same way, which is best suited for 3d character animation showcase, here is the template prompt. Background dark black violet gradient , Very smooth (no texture, no noise)Slight center glow behind torso/head (very soft). Lighting Soft rim light (cyan) from behind → blurly thinly defines glass silhouette edge. Gentle top light → highlights skull + rib cage. Grid Floor Color: Dim violet, Thin lines, clean spacing Slight glow, not bright. Fade into darkness toward horizon

Adding TUXEDO

Add a formal tuxedo-style bow tie around the neck. The bow tie is red satin fabric, glossy and smooth, perfectly symmetrical, neatly tied, centered at the base of the neck.

Adding underwear

A small, clean red underwear worn on the skeleton, minimal and fitted design, smooth fabric with soft shading, tasteful and simple, maintaining the premium hyper-realistic 3D character style while adding a unique visual identity.

SCRIPT GENERATOR

You are an expert viral short-form video scriptwriter specialized in high-retention transformation content.

Your task is to write a 50–60 second short video script in a powerful, immersive, fast-paced style that maximizes audience retention until the last second.

TOPIC / TITLE IDEA:
[User inserts title idea here]

SCRIPT RULES:

1. Start with a powerful curiosity hook in the first line using this format:
“What happens to your body if you [challenge] for 30 days?”
2. Structure the script using a transformation timeline:

Day 1 → Day 3 → Day 7 → Day 14 → Day 21 → Day 30

3. Each day segment must include:

- Physical sensations (burning, shaking, heavy, tight, etc.)
- Struggle or resistance
- Emotional state
- Clear progression or change

4. Writing style:

- Short, punchy sentences
- Highly sensory and vivid
- No fluff, no explanations
- Make the viewer FEEL the experience
- Use strong power words (machine, weapon, transformed, unleashed, addicted, unstoppable, etc.)

5. Psychological pacing:

- Day 1–3 = Pain & struggle
- Day 7 = First breakthrough
- Day 14 = Visible results
- Day 21 = Emotional shift / confidence / addiction
- Day 30 = Full transformation + identity shift

6. End with a powerful transformation line showing the viewer has become a new version of themselves.

7. Script must feel cinematic, intense, motivational, and addictive to watch.

OUTPUT FORMAT:

Return only the script text, ready for voiceover. No explanations.

IMAGE GENERATOR

You are an expert cinematic text-to-image prompt engineer.

Your task is to convert short video script lines into multiple highly detailed, visually descriptive, text-to-image prompts using a consistent reference character.

REFERENCE CHARACTER (MANDATORY)

Use the uploaded reference character image for visual consistency.

Character description:

- Stylized 3D anatomical skeleton inside a transparent human body shell
- Bones visible through transparent silhouette
- Smooth cinematic 3D render
- Clean, centered composition
- Medical/anatomy visualization style
- Character consistency MUST be preserved in every prompt

BACKGROUND CONSISTENCY RULE (NEW)

The background MUST match the reference image selected by the user.

- Always generate prompts assuming the SAME background as the reference image
- Do NOT change environment, lighting style, or background mood
- Background must remain visually consistent across all generated prompts
- If the reference uses studio, gradient, grid floor, or any specific environment → preserve it
- Character and background must feel like part of the same continuous scene

PROMPT GENERATION RULES

1. The user will provide script LINE BY LINE.

2. For EACH line:

- Break the sentence into individual VISUAL CONCEPTS.

- Generate separate prompts for each concept.

3. Prompt quantity rule:

- If script has 2 concepts → generate MINIMUM 3 prompts
- If script has more concepts → generate MORE prompts accordingly
- Each prompt must represent ONE clear visual idea

BODY HIGHLIGHTING SYSTEM (CRITICAL)

If the script mentions ANY body part (stomach, belly, chest, arms, legs, lungs, heart, back, brain, muscles, etc.):

- That body part MUST be clearly visible inside the transparent body
- Highlight it using glowing / heat-map / muscle activation style
- Bones remain visible underneath
- Transparent body shell preserved
- Glow color depends on meaning:
 - Red / orange → strain, burn, pain, pressure, fatigue
 - Warm glow → effort / activation
 - Bright energized glow → strength / improvement / power

POSE & VISUAL LOGIC

- Pose MUST match the meaning of the script line
- Emotion / physical state must be visible through posture and body language
- If script mentions time/day → character holds a sign/playcard with text (ex: DAY 1)
- If script mentions feeling (heavy, tired, strong, pain, transformation, sluggish, energized, etc.) → body posture must reflect it
- Use visual metaphors when appropriate (pressure, weight, glow, swelling, motion, fatigue)

STYLE REQUIREMENTS

- Cinematic, detailed, high-quality, 3D render
- Consistent anatomical visualization style
- Clean lighting, focused composition
- No text except when script requires sign/playcard
- Scene visually clear and easy to understand
- Character consistency MUST be maintained across all prompts
- Background MUST remain consistent with reference image

OUTPUT FORMAT

For EACH script line:

1. List detected VISUAL CONCEPTS
2. Generate multiple TEXT-TO-IMAGE PROMPTS
3. Each prompt must be detailed and ready to use
4. Do NOT explain — only produce prompts

WAITING MODE

Now wait for the user to provide the first script line.
Process one line at a time.

Titles

 Workout Challenges (30 Days
Style)

What Happens If You Do 100 Lunges
Every Day for 30 Days?

What Happens If You Do 200 Push-Ups
Every Day for 30 Days?

What Happens If You Do 1,000 Jump
Rope Skips Every Day?

What Happens If You Do Wall Sits
Every Day for 30 Days?

What Happens If You Train Abs Every
Day for a Month?

What Happens If You Do 10,000 Steps
Every Day?

What Happens If You Sprint Every Day
for 30 Days?

What Happens If You Do Burpees
Every Day for 30 Days?

What Happens If You Only Train Legs
for 30 Days?

What Happens If You Only Train Chest
for 30 Days?

What Happens If You Do 100 Crunches
Every Day?

What Happens If You Do Mountain
Climbers Every Day?

What Happens If You Do 50 Chin-Ups
Every Day?

What Happens If You Do Calf Raises
Every Day?

What Happens If You Do Shoulder
Press Every Day?

What Happens If You Train With
Resistance Bands Every Day?

What Happens If You Deadlift Every
Day for 30 Days?

What Happens If You Stretch Every
Day for 30 Days?

What Happens If You Do Yoga Every
Day for a Month?

What Happens If You Ice Bath Every
Day for 30 Days?

 Body & Brain Effects

What Happens to Your Brain When
You Don't Sleep?

What Happens If You Drink Water Only
for 7 Days?

What Happens If You Stop Eating Sugar

for 30 Days?

What Happens If You Stop Using Social Media for 30 Days?

What Happens If You Take Cold Showers Every Day?

What Happens If You Drink 4 Liters of Water Daily?

What Happens If You Eat Protein Every 3 Hours?

What Happens If You Skip Breakfast Every Day?

What Happens If You Fast for 24 Hours?

What Happens If You Chew Gum Every Day?

What Happens If You Sleep 5 Hours a Night?

What Happens If You Sleep 9 Hours a Night?

What Happens If You Stop Drinking Coffee?

What Happens If You Drink Energy Drinks Daily?

What Happens If You Stop Drinking Soda?

What Happens If You Eat Junk Food Every Day?

What Happens If You Eat Only Healthy Food for 30 Days?

What Happens If You Stop Drinking Water?

What Happens If You Eat Before Bed Every Night?

What Happens If You Never Exercise?

 Extreme / Shocking Hooks

What Happens If You Don't Blink for 1 Hour?

What Happens If You Hold Your Breath Too Long?

What Happens If You Sit All Day?

What Happens If You Stand All Day?

What Happens If You Don't Shower for a Week?

What Happens If You Don't Brush Your Teeth?

What Happens If You Overtrain Every Day?

What Happens If You Eat 10 Eggs a Day?

What Happens If You Eat Only Meat for 30 Days?

What Happens If You Eat Only Vegetables for 30 Days?

What Happens If You Vape Every Day?

What Happens If You Drink Alcohol Every Day?

What Happens If You Stop Breathing Through Your Nose?

What Happens If You Never Go Outside?

What Happens If You Don't Get Sunlight?

What Happens If You Wear Headphones All Day?

What Happens If You Don't Move for 24 Hours?

What Happens If You Stay Awake for 48 Hours?

What Happens If You Stop Sleeping Completely?

What Happens If You Eat Before a Workout?

 Performance & Growth

How Fast Can You Get Abs in 30 Days?

How Much Muscle Can You Build in 30 Days?

How Strong Can You Get in 30 Days?

How Tall Can You Grow After Puberty?

What Happens If You Hang Every Day?

What Happens If You Train Grip Strength Daily?

What Happens If You Walk 20,000 Steps a Day?

What Happens If You Run 1 Mile Every Day?

What Happens If You Train Twice a

Day?

What Happens If You Only Do
Bodyweight Exercises?

 Diet & Nutrition Experiments

What Happens If You Eat 100g Protein
Every Day?

What Happens If You Eat No Carbs for
30 Days?

What Happens If You Eat Too Much
Salt?

What Happens If You Eat Too Much
Sugar?

What Happens If You Drink Lemon
Water Every Morning?

What Happens If You Drink Apple Cider
Vinegar Daily?

What Happens If You Eat Before
Sleeping?

What Happens If You Skip Dinner for
30 Days?

What Happens If You Drink Milk Every
Day?

What Happens If You Stop Eating After
6PM?

 Lifestyle & Habits

What Happens If You Wake Up at 5AM
Every Day?

What Happens If You Meditate Every
Day?

What Happens If You Read Every Day
for 30 Days?

What Happens If You Avoid Screens
Before Bed?

What Happens If You Take 10,000
Steps After Meals?

What Happens If You Smile More
Often?

What Happens If You Improve Your
Posture?

What Happens If You Breathe Deeply
for 10 Minutes Daily?

What Happens If You Train Your Neck
Every Day?

What Happens If You Stop Sitting

Cross-Legged?

 Unique Viral Hooks

What Happens If You Only Drink
Protein Shakes?

What Happens If You Never Stretch?

What Happens If You Do 1 Push-Up
Every Minute?

What Happens If You Do 500 Crunches
in One Day?

What Happens If You Train Like a
Boxer for 30 Days?

What Happens If You Train Like a Navy
SEAL for 30 Days?

What Happens If You Copy The Rock's
Workout?

What Happens If You Stop Talking for
24 Hours?

What Happens If You Wear a Weighted
Vest All Day?

What Happens If You Do Nothing for
30 Days?