3 Steps to Training Images
USING AI

TO...THAT'S iT!

FROM THIS,

+1 bonus influencer prompt

Dataset to Avatar

STEP ONE

Create with Meta AI

Gather Training Images

Collect 22-35 total images.
You may use real photos and clean AI images together.

Image requirements:
• Minimum 1 MP
• Clear, sharp focus
• Multiple angles
• No blur, watermarks, or distortion

TIP ONE

When creating initial images for a dataset, focus on clarity over aesthetics. Use clean, high-resolution images with natural lighting and neutral backgrounds, and avoid filters, blur, or heavy editing so the AI can learn accurate details.

TIP TWO

Include natural variety by capturing multiple angles, slight expression changes, and different framing distances. This helps the AI understand the subject from different perspectives while keeping the identity consistent.

IMAGES

STEP TWO

TRAINING IMAGES

Create the Data Sheet

Place all images into one dataset.
Ensure the images feel consistent and intentional.
Optional:
Include style or aesthetic images if you want the AI to learn a specific look.
Skip this if identity accuracy is your only goal.

+ New Creation from Style

DATA SET

Recommended Image Ratio
Best mix:
• 60-70% real images
• 30-40% AI images
Example dataset:
• 18 real identity images
• 10 AI style / scenario images
= 28 total images

TIP ONE

Be Intentional
Only include images that support the result you want. Keep quality, lighting, and overall look consistent to avoid confusing the model.

TIP TWO

Balance Variety
Include enough variation for flexibility, but not so much that the subject looks like different people. Consistency keeps the AI accurate.

STEP THREE

PROMPT

CREATED IN META AI
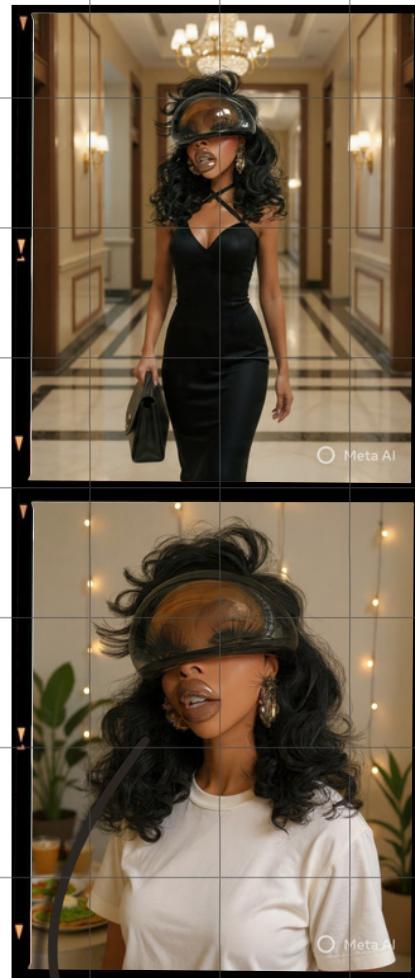
TRAINED IMAGE
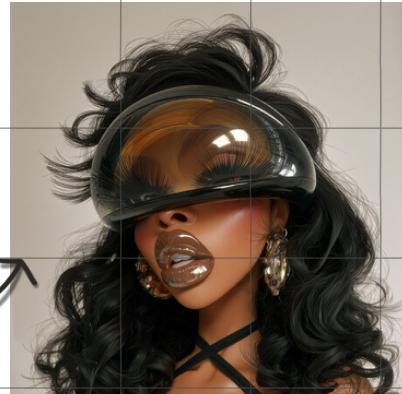
Train & Prompt

Upload the dataset and train the model using the generator of your choice.
Use prompts to define the final look, mood, and scenario.
The AI now generates a consistent avatar based on your data.

TIP ONE

Prompt With Purpose
Be clear and specific when prompting. Describe the identity, mood, and setting you want without changing core features. Simple, focused prompts produce more consistent results.

TIP TWO

Refine, Don't Restart
If results are off, adjust your prompt before changing the dataset. Small prompt tweaks often fix issues without retraining the images.

Trained Images