

## Anatomy

A core piece of any creative character.

**Anatomy** isn't just science class; it's the understanding of the human form to imagine and render creative characters. You don't need to memorize the name of muscles, but noticing how the **curves flow together** can add loads of visual interest to a piece.

Remember that characters, even non-human ones, **build on reality**. What we perceive as relatable, interesting art is the art that builds on familiar ideas like arms and legs.

Yes, it's *that* month.

**September** is broken up into weeks with a different anatomical area to focus on. We've got arms! Legs! The torso! Hands and feet. Try your best! You'll find your weak points quickly.

**References are essential** this month! Be sure to search for plenty when you practice. Diagrams of muscles on the human body as well as "line of action" or "gesture drawing" pictures can help you understand why the shapes under the skin look and bend the way they do.

Even if you primarily draw non-humans, try **studying human shapes** as-is. You'll be able to adapt them to your own characters, but it's overwhelming trying to do both at the same time.

**Like the prompt?**  
Draw it and check ☐ it off.

**Not feeling it?**  
Draw what you want and write it in the blank space.

**This calendar is yours.**  
Miss a day? Drew the wrong thing? That's OK! We're all human. Let yourself make mistakes.

## Daily Art Calendar

# September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<input type="checkbox"/> Arm From Memory <input type="checkbox"/> _____ No looking at your own arms! Try your best to draw from memory with as much detail as you can.	<input type="checkbox"/> Biceps <input type="checkbox"/> _____ The classic muscle pose. Flexing, loose, study and draw how this changes in some references.	<input type="checkbox"/> Shoulders <input type="checkbox"/> _____ Look up the "deltoid" and see how that links your body with your arms.	<input type="checkbox"/> Forearm <input type="checkbox"/> _____ The elbow and the muscles after it can be tricky! Notice how they move when you twist your arm.	<input type="checkbox"/> Freebie Friday <input type="checkbox"/> _____ Like drawing arms and muscles? Go for more! Don't? Draw anything else!	<input type="checkbox"/> Muscular Fanart <input type="checkbox"/> _____ What strong character do you remember from a TV show? What if you *made* a character muscular?	<input type="checkbox"/> Comfort Breather <input type="checkbox"/> _____ We're just getting started, but draw something easy today. What makes you feel cozy?
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<input type="checkbox"/> Simplified Leg <input type="checkbox"/> _____ What's the least amount of marks you can use to make a leg before it starts to look wrong?	<input type="checkbox"/> Knees <input type="checkbox"/> _____ Knees are a shape that's often forgotten when drawing legs. There are bumps! Corners!	<input type="checkbox"/> Lower Leg <input type="checkbox"/> _____ Focus on the shapes below the knee. Are there shapes you didn't notice before?	<input type="checkbox"/> Butt <input type="checkbox"/> _____ Butt.	<input type="checkbox"/> Freebie Friday <input type="checkbox"/> _____ Another Friday for drawing whatever you please; anatomy-focused or not.	<input type="checkbox"/> Reaching Towards <input type="checkbox"/> _____ A tough perspective challenge! Draw an arm (or a character) reaching towards the camera.	<input type="checkbox"/> Core Drills <input type="checkbox"/> _____ No anatomy today! Practice some drawing essentials like mark-making or perspective.
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<input type="checkbox"/> Chest Shapes <input type="checkbox"/> _____ The chest can have many shapes! Study some photos and look for things you might have missed.	<input type="checkbox"/> Pelvis <input type="checkbox"/> _____ The pelvis is also key to a character. How do the legs connect? Where do parts overlap?	<input type="checkbox"/> The Back <input type="checkbox"/> _____ The back is a great place to study shoulder and arm muscles. Grab some references and try.	<input type="checkbox"/> Twisty Torsos <input type="checkbox"/> _____ Drawing a character twisting around, looking behind, creates so many fun shapes! Try a study out.	<input type="checkbox"/> Freebie Friday <input type="checkbox"/> _____ Draw more torsos if you like! Or draw anything else from this calendar or your imagination.	<input type="checkbox"/> Belly <input type="checkbox"/> _____ Not all torsos are muscular and sculpted. What's one that looks less in-shape?	<input type="checkbox"/> Hands <input type="checkbox"/> _____ YES! Time for hands. This is a tough one! Pay attention to how fingers connect and overlap.
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<input type="checkbox"/> Feet <input type="checkbox"/> _____ Feet can be tricky too! Look closely how they bend from different angles.	<input type="checkbox"/> Comfort Tuesday <input type="checkbox"/> _____ All the stress of drawing difficult things! Draw something cozier, something easy that you like.	<input type="checkbox"/> Finger Positions <input type="checkbox"/> _____ Try more hands with fingers in different positions. Do they follow a curve? Show that.	<input type="checkbox"/> Ankle Bends <input type="checkbox"/> _____ Ankles can bend in odd ways than you might be used to drawing. Study a bunch.	<input type="checkbox"/> Freebie Friday <input type="checkbox"/> _____ Like drawing hands and feet? You're crazy, I love it, keep going. Or, draw anything you'd like.	<input type="checkbox"/> Unusual Leg Shapes <input type="checkbox"/> _____ Used to drawing human limbs? Try animal. Other way around? Try some others you're not familiar with!	<input type="checkbox"/> All Together <input type="checkbox"/> _____ Combine your skills now and try drawing everything you've learned this month in one pose.
<b>29</b>	<b>30</b>	<div>   </div>				
<input type="checkbox"/> Gesture <input type="checkbox"/> _____ Grab some reference images and try some low detail sketching, focusing on the motion of each pose.	<input type="checkbox"/> Simplified, Again <input type="checkbox"/> _____ All that stuff you've learned? Try simplifying it. How far can you go before it loses definition?					