SECTION ONE

Please read carefully. Rank each characteristic with either 5, 3, or 1. For each row, use each number one time. Each row should add up to 9.

5 = Most accurately represents me		3 = Secondarily represents me		1 = Rarely represents me	
EXAMPLE	3	Vata	5	Pitta	1	Kapha

CHARACTERISTICS	VATA	PITA	KAPHA
FRAME	☐ I am thin, lanky and slender with prominent joints and thin muscles.	☐ I have a medium symmetrical build with good muscle development	☐ I have large, round or stocky build. My frame is broad, stout or thick
WEIGHT	☐ Low; I may forget to eat or have a tendency to lose weight.	☐ Moderate; it is easy for me to gain or lose weight if I put my mind to it.	☐ Heavy; I gain weight easily and have difficulty losing it.
EYES	☐ My eyes are small and active.	☐ I have a penetrating gaze.	☐ I have large pleasant eyes.
COMPLEXION	☐ My skin is dry, rough or thin.	☐ My skin is warm, reddish in color and prone to irritation.	☐ My skin is thick, moist and smooth,
HAIR	☐ My hair is dry, brittle or frizzy	☐ My hair is fine with a tendency towards early thinning or graying.	☐ I have abundant, thick and oily hair.
JOINTS	☐ My joints are thin and prominent and have a tendency to crack.	☐ My joints are loose and flexible.	☐ My joints are large, well-knit and padded.
SLEEP PATTERN	☐ I am a light sleeper with a tendency to awaken easily.	☐ I am a moderately sound sleeper, usually needing less than eight hours to feel rested.	☐ My sleep is deep and long. I tend to awaken slowly in the morning.
BODY TEMPERATURE	☐ My hands and feet are usually cold and I prefer warm environments.	☐ I am usually warm, regardless of the season, and prefer cooler environments.	☐ I am adaptable to most temperatures but do not like cold, wet days.

SECTION ONE

Please read carefully. Rank each characteristic with either 5, 3, or 1. For each row, use each number one time. Each row should add up to 9.

5 = Most accurately represents me		3 = Secondarily represents me		1 = Rarely represents me	
EXAMPLE	3 Vata		5 Pitta		1 Kapha

TEMPERMENT	☐ I am lively and enthusiastic by nature. I like to change.	☐ I am purposeful and intense. I like to convince.	☐ I am easy going and accepting. I like to support.
UNDER STRESS…	☐ I become anxious and/or worried.	☐ I become irritable and/or aggressive.	☐ I become withdrawn and/or reclusive.
TOTAL	——— **VATA TOTAL**	——— **PITTA TOTAL**	——— **KAPHA TOTAL**

Note: Each row should add up to **9**. VATA TOTAL, PITTA TOTAL and KAPHA TOTAL should add up to **90**.