Put a check next to the answer that most reflects how you have been **throughout your life**. You may choose more than one if applicable. At the end, add up and see what body constitution you are!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| FEATURES | VATA | V | PITTA | P | KAPHA | K |
| My skeletal frame is | Long, narrow, slight, small |  | Medium size and proportional |  | Large, broad shoulders and hips, bigger bones  |  |
| My skin is  | Dry, rough, thin, cold |  | Oily, sensitive, hot, red |  | Smooth, oily, thick, cold |  |
| Weight Tendency | Underweight; lose weight easily, struggles to put weight on |  | Steady, consistent, medium build |  | Bigger, stocky, overweight, gains weight easily, struggles to lose it |  |
| Favorite Climate | Warm and humid |  | Cool and dry |  | Warm and dry |  |
| Body Temperature | Cold and dry |  | Warm, hot |  | Cold and clammy, moist  |  |
| Sleep  | Light, disturbed, fewer hours |  | Sound sleeper, fewer to moderate  |  | Deep sleeper for long hours, wakes up slowly |  |
| Stamina | Delicate and easily exhausted |  | Moderate, will is strong and capable of pushing myself |  | Impressive, prefers not to test it |  |
| Mind is naturally | Expansive, doesn’t like too much repetition, adaptable to change |  | Bright, focused, driven |  | Calm, steady, loyal, not easily disturbed |  |
| As a learner, I am | Quick to learn and quick to forget |  | Sharp, quick, studious, |  | Slow to learn but retention is excellent |  |
| I am  | Creative, imaginative, enthusiastic, excited |  | Smart, discipline, ambitious, wise |  | Gentle, warm, compassionate, loving |  |
| I especially enjoy | Change, love adventure and travel |  | Physical and intellectual challenges, competitive nature  |  | Rest and relaxation, I prefer to be idle than active |  |
| My nails are | Small, rough, brittle,  |  | Soft, pink, tender |  | Large, smooth, thick |  |
| My hair is  | Dry, rough, frizzy |  | Fine, oily, straight |  | Thick, wavy, lustrous |  |
| My lips are  | Thin and dry |  | Medium size, pink or red |  | Thick, smooth, light pink |  |
| Appetite  | Irregular, eat multiple meals at inconsistent times |  | Frequently hungry, eat medium size meals |  | Don’t get that hungry, eat large meals  |  |
| Preferred tastes | Sweet, sour, salty |  | Sweet, bitter |  | Pungent, bitter |  |
| Mental activity  | Hyperactive thoughts |  | Moderate, clear thoughts |  | Underactive, slow thoughts  |  |
| Speech is  | Fast and talkative |  | Sharp and precise |  | Slow and thoughtful  |  |
| Bowel movements  | Irregular, hard, gassy, towards constipation |  | Semi-solid, loose, frequent |  | Bulky, well-formed, regular |  |
| Perspiration | Hardly perspire, light sweating |  | Easily and profusely  |  | Moderately, depending on activity  |  |
| How are you under stress | Anxious, worried, fearful |  | Irritable and aggressive |  | Withdrawn and reclusive |  |
| I like to sleep | Anywhere, not picky |  | In firm bed |  | In soft bed |  |
| Total |  |  |  |  |  |  |