

Complete the survey by circling the one characterization for each attribute that best describes you during the majority of your lifetime, particularly in the last five years.

Once finished with the survey, tally the three columns in each of the four categories (physical, mental, emotional, and behavioral) to determine your dosha *summary*.

The final step is to secure your score by ranking the three doshas. The dosha that received the highest score gets a ranking of "3," the dosha with the second highest score gets a "2," and the remaining dosha gets a score of "1." That is your constitution! Now the real work and fun begins.

It is important not to overthink your answers and be as honest and objective as possible. This is not a test with right or wrong answers. Remember that the characterizations presented in the survey reflect the pure aspects of each constitution and no person is made up solely of one dosha. We are a combination of all three doshas, with a predominance of one or more. Don't draw any conclusions about yourself, just take this survey with the objective of becoming more aware of your physical and mental make-up. This knowledge will enable you to see the world through a new lens and, in turn, will better prepare you to create balance and good health.

NAME _____ DATE _____

SUMMARY: Physical	V _____	P _____	K _____
Mental	V _____	P _____	K _____
Emotional	V _____	P _____	K _____
Behavioral	V _____	P _____	K _____

TOTAL	V _____	P _____	K _____
OVERALL RANKING	V _____	P _____	K _____

ATTRIBUTE	VATA DOSHA	PITTA DOSHA	KAPHA DOSHA
PHYSICAL			
Body & Frame	Slim, Lean, Flexible, Very Short or Tall	Medium Height, Moderate Frame, Muscular	Large, Short, Physically Strong, Well-Developed Muscles
Weight	Under Weight (lose easily)	Medium, Average (maintain)	Above Average, Overweight (gain easily)
Hands & Feet	Small, Thin, Dry, Cold, Long Fingers	Medium, Pink, Warm	Large, Cool, Clammy
Skin	Thin, Dry, Cold, Rough, Moles	Smooth, Oily, Warm, Red, Sensitive to Light, Acne, Rashes, Freckles	Thick, Oily, Cool, Porcelain White, Pale
Face	Thin, Small, Long, Wrinkled, Dull	Moderate, Sharp, Contours	Large, Round, Full, Pale, Soft Contours
Hair	Dry, Fine, Brittle, Thin, Scarce	Straight, Oily, Balding, Thinning	Thick, Curly, Oily, Wavy, Lush
Teeth	Very Big or Small, Thin Gums	Medium Size, Soft, Tender Gums	Medium-Large, White, Strong Gums
Eyes	Small, Sunken, Dry, Active, Nervous	Sharp, Bright, Inflamed or Yellow, Sensitive to Light	Big, Beautiful, Calm, Loving
Nails	Dry, Rough, Brittle, Break Easily	Sharp, Flexible, Pink, Lustrous	Large, Thick, Oily, Smooth, White, Polished
Lips	Thin, Dry, Cracked, Black/Brown	Medium, Soft, Red, Inflamed, Yellowish	Thick, Large, Smooth, Oily, Pale, Whitish
Fingers	Thin, Long, Tapered	Medium	Thick, Broad, Short
Joints	Cold, Cracking, Flexible	Moderate	Large, Lubricated
Appetite	Varies	Strong, Uncomfortable Skipping Meals	Slow, Steady, Like to Eat, Can Skip Meals
Digestion	Eat Quickly, Irregular, Gassy	Eat Anything, Strong, Acid Indigestion	Eat Slowly, Slow Metabolism
Thirst	Varies	Excessive	Slight
Taste	Prefers sweet, sour, salty	Prefers sweet, bitter, astringent	Prefers pungent, bitter, astringent
Food and Drink	Prefer Warm	Prefer Cold, Cooling	Prefer Dry, Warm
Eating Speed / Hunger Level	Quick, Irregular	Medium, Sharp, Need Food When Hungry	Slow, Can Easily Skip a Meal
Speech / Voice	Rapid, Disconnected, High Pitch	Sharp, Penetrating, Medium Pitch	Slow, Monotone, Low Pitch
Physical Activity	Hyperactive, Wear Out Easily	Moderate, Intense, Competitive	Lethargic, Good Stamina, Leisure
Feces	Dry, Hard, Constipation, Irregular	Soft, Oily, Loose, Large Quantities	Regular, Solid, Well Formed, Oily
Urine	Blackish, Brown	Dark Yellow	Cloudy
Sweat	Light, No Smell	Profuse, Hot, Strong Smell	Moderate, Cold, Pleasant smell

MENTAL			
Personality	Creative	Intelligent, Efficient, Perfectionist	Caring, Calm, Patient, Grounded, Possessive
Intellect / Thoughts	Quick, Creative, Restless, Active	Sharp, Discriminating, Aggressive	Slow, Exact, Calm, Steady, Stable
Mood	Lots of Ideas, Change Mind Easily	Leader, Planner, Deliberate	Stubborn, Consistent
Organizational	Get Started Easily, Hard to Finish	Very Organized/Detail-Oriented, See Projects Through at Any Cost	Need Help Getting Started, Big-Picture Person, Good at Getting Things Finished
Concentration	Short-term Best	Above Average	Long-term Best
Memory	Short-term Best	Overall Strong	Long-term Best
Dreams	Active, Fearful, Hard to Remember	Violent, Anger, Adventurous, Vivid	Romantic, Remember if Intense/Significant
Sleep	Light, Interrupted	Sound, Average Length	Heavy, Prolonged, Hard to Wake

EMOTIONAL			
Mood	Impulsive, Anxious, Worry	Intense, Short Temper, Critical, Competitive	Steady, Forgiving, Compassionate, Lazy
Reacts to Stress	Excitable	Anger	Indifference, Calm
When Threatened	Fear	Fight	Make Peace
Relationships	Run	Jealous, Intense	Secure, Long, Lasting
Express Affection	Clingy	With Gifts	With Touch
When Feeling Hurt	Talk it out	Argue	Withdraw, Get Depressed

BEHAVIORAL			
Financial	Spend, Don't Save	Save, Spend on Luxuries	Save A Lot, Don't Like to Shop
Weather	Adverse to Cold	Adverse to Heat	Adverse to Damp and Cool
Achieving Goals	Easily Distracted	Focused, Driven	Slow, Steady
Friends	Many, Casual, Make Easily	Tend to be Loner, Many Work Related	Long Lasting, Sincere
Works Best	While Supervised	Alone	In Groups
Sex Drive	Varies and Low	Moderate	Strong

FINAL TALLY:

Vata _____

Pitta _____

Kapha _____