

Observation	V	P	K	Vata	Pitta	Kapha
Body frame				Slim/Slender	Medium	Medium to Large
Body weight				Low	Medium/Normal	Medium to Overweight
Skin				Dry	Normal Combination	Oily
Texture of skin				Thin, rough or tight	Comfortable	Thick or congested
Breakout tendency				Rarely or never	occasionally	frequently
Hair				Dry, brown, black, brittle	Fine, straight, red, bald	Thick, wavy, oily or heavy
Lips				Dry, cracked, thin	Red, medium, sticky	Smooth, oily, pale, full
Thirst				Challengeable, always thirsty	Always drinking	Sparse or rarely thirsty
Elimination				Constipation, dry	Loose	Thick, sluggish, slow
Finance				Splurges always broke	Enjoys luxury items	Save money easily
Sun				Energized by the sun	Burns easily gets irritable	Feel clammy and don't like to be in direct sun
Memory				Good short term, poor long term	Strong and distinct	Slow and sustained
Sleeping pattern				Insomnia, restless	Little but sound	Deep and prolonged sleep
Temperature				Constantly feels cold	Prefers the cooler weather	Dislike extreme cool or heat
Massage pressure				Light and flowing	Precise	Medium and enjoys long massages
Taste				Dry	Hot and Spicy	Sweet
Body				Porcelain, visible veins	Firm	Visible cellulite or water retention
Metabolism				Fast to very high	Medium	Sluggish-slow
Activity Preference				Cardio	Tone, coordination	Slow and methodical
Speech				Fast and quick	Will not speak until spoken to	Kind loving and encouraging words
Appetite				Unstable and inconsistent	Stable and consistent	Emotional Eaters
Total						