

Determine your predominant dosha(s)

Put an x in the boxes beside the options which **best** describe you and add up the totals

| | VATA | PITTA | KAPHA | |
|-------------------------|-----------------------------|-------------------------------|------------------------------|--|
| Body | Slight | Medium | Large | |
| Finger Nails | Cracking, dry, thin | Pink, soft, medium | Wide, white, thick | |
| Weight | Low bony | Medium or muscular | Gains easily | |
| Stool/bowel movements | Small, hard, gas, irregular | Loose, burning | Moderate, solid, regular | |
| Forehead size | Small | Medium | Large | |
| Appetite | Variable | Strong, irritable when hungry | Constant or low | |
| Eyes | Small or unsteady | Reddish or penetrating | Large or white | |
| Voice | Low or weak | High or strident | Slow or silent | |
| Lips | Cracking, thin, dry | Medium or soft | Full, smooth | |
| Which bothers you most? | Cold, dry, wind | Heat, direct sun | Cold, damp | |
| Temperament | Vivacious or nervous | Driven or impatient | Easy going or lazy | |
| Speech | Quick or talkative | Moderate or argues | Slow or silent | |
| Sleep | Light | Moderate | Heavy | |
| Interests | Travel or nature | Sports or politics | Water or flowers | |
| Memory | Quickly grasp, soon forgets | Sharp or clear | Slow to absorb; never forget | |
| Beliefs | Radical or changing | Leader, goal oriented | Loyal, constant | |
| Dreams | Flying or anxious | Fighting or in color | Few or romantic | |
| Emotions | Enthusiastic, worries | Warm, angry | Calm, attached | |
| Mind | Quick, adaptable | Penetrating, critical | Thoughtful, slow | |
| TOTALS | | | | |