



CIRCLE THE MOST ACCURATE CHARACTERISTIC THAT APPLIES TO YOU IN EACH SECTION. AFTER YOU COMPLETE BOT SECTIONS, ADD THE TOTAL FOR VATA, PITTA AND KAPHA. THE HIGHEST SCORE IS YOUR PREDOMINANT DOSHA. THE NEXT SCORE IS YOUR SECONDARY DOSHA

BODY-MIND	VATA	PITTA	KAPHA
FRAME HAIR EYES	SMALL DARK DARK EYES	MEDIUM NATURAL BLOND BLUE EYES	LARGE THICK HAIR LARGE EYES
SKIN SLEEP	COLD EXTREMITIES LIGHT	WARM SKIN 6 HOURS OR LESS	DAMP SKIN DEEP SLEEP
WEIGHT	HARD TO GAIN EASY TO LOSE	EASY TO GAIN EASY TO LOSE	EASY TO GAIN HARD TO LASE
ELIMINATION	CONSTIPATION SCANTY SWEAT	LOOSE STOOLS PROFUSE SWEAT	SOFT BOWELS MODERATE SWEAT
UNDER STRESS	NERVOUS	ANGRY	FEELS STUCK
PERSONALITY	ENTHUSIASTIC RACING MIND	GOAL ORIENTED FOCUSED	CALM MIND NEEDS MOTIVATION
SPEECH	TALKATIVE	ARTICULATE	CAUTIOUS
MIND	LEARNS QUICKLY FORGETS EASILY	ANALYTICAL	RARELY FORGETS

