

FITZPATRICK SKIN TYPE TEST

Your eye color is:

Light blue, light gray or light green = 0

Blue, gray or green = 1

Hazel or light brown = 2

Dark brown = 3

Brownish black = 4

Your natural hair color is:

Red or light blonde = 0

Blonde = 1

Dark blonde or light brown = 2

Dark brown = 3

Black = 4

Your natural skin color (before sun exposure) is:

Ivory white = 0

Fair or pale = 1

Fair to beige, with golden undertone = 2

Olive or light brown = 3

Dark brown or black = 4

How many freckles do you have on unexposed areas of your skin?

Many = 0

Several = 1

A few = 2

Very few = 3

None = 4

FITZPATRICK SKIN TYPE TEST

How does your skin respond to the sun?

Always burns, blisters and peels = 0

Often burns, blisters and peels = 1

Burns moderately = 2

Burns rarely, if at all = 3

Never burns = 4

Does your skin tan?

Never, I always burn = 0

Seldom = 1

Sometimes = 2

Often = 3

Always = 4

How deeply do you tan?

Not at all or very little = 0

Lightly = 1

Moderately = 2

Deeply = 3

My skin is naturally dark = 4

How sensitive is your face to the sun?

Very sensitive = 0

Sensitive = 1 point

Normal = 2

Resistant = 3

Very resistant/Never had a problem = 4

FITZPATRICK SKIN TYPE TEST

TOTAL SCORE: _____

RESULTS

0-6 points: Fitzpatrick I

7-13 points: Fitzpatrick II

14-20 points: Fitzpatrick III

21 - 27 points: Fitzpatrick IV

28-34 points: Fitzpatrick V