

THE FITZPATRICK SKIN TYPE TEST

INDICATE YOUR PULSE SETTING

GENETIC DISPOSITION

What is the color of your eyes?

- | | |
|---|---------------------------|
| 0 | Light blue or light green |
| 1 | Blue, green or hazel |
| 2 | Light brown |
| 3 | Dark Brown |
| 4 | Brownish Black |

What is the natural color of your hair?

- | | |
|---|------------------------|
| 0 | Sandy red |
| 1 | Blonde |
| 2 | Chestnut / Dark Blonde |
| 3 | Dark Brown |
| 4 | Black |

What is the color of your skin (non exposed area)?

- | | |
|---|----------------------|
| 0 | Reddish |
| 1 | Very pale |
| 2 | Pale with beige tint |
| 3 | Light Brown |
| 4 | Dark Brown |

Do you have freckling on your body in places you do not expose to the sun?

- | | |
|---|------------|
| 0 | Many |
| 1 | Several |
| 2 | Few |
| 3 | Incidental |
| 4 | None |

**TOTAL SCORE FOR
GENETIC DISPOSITION**

REACTION TO SUN EXPOSURE

What happens when you stay in the sun too long?

- | | |
|---|---------------------------------------|
| 0 | Painful, redness, blistering, peeling |
| 1 | Blistering followed by peeling |
| 2 | Burns sometimes followed by peeling |
| 3 | Rare burns |
| 4 | Never had burns |

To what degree do you burn?

- | | |
|---|--------------------------|
| 0 | Hardly or not at all |
| 1 | Light color tan |
| 2 | Reasonable tan |
| 3 | Tan very easily |
| 4 | Turn dark, brown quickly |

Do you turn brown with several hours after sun exposure?

- | | |
|---|-----------|
| 0 | Never |
| 1 | Seldom |
| 2 | Sometimes |
| 3 | Often |
| 4 | Always |

How does your face react to the sun?

- | | |
|---|---------------------|
| 0 | Very sensitive |
| 1 | Sensitive |
| 2 | Normal |
| 3 | Very resistant |
| 4 | Never had a problem |

**TOTAL SCORE FOR REACTION
TO SUN EXPOSURE**

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INDICATE YOUR PULSE SETTING

TANNING HABITS

When did you last expose your face/body to the sun or artificial tanning devices or tanning cream?

- | | |
|---|------------------------|
| 0 | More than 3 months ago |
| 1 | 2-3 months ago |
| 2 | 1-2 months ago |
| 3 | Less than a month ago |
| 4 | Less than 2 weeks ago |

Do you wear sunscreen or protect your face every time you are outside?

- | | |
|---|-------------|
| 0 | Always |
| 1 | Often |
| 2 | Sometimes |
| 3 | Hardly ever |
| 4 | Never |

TOTAL SCORE FOR
GENETIC DISPOSITION

SKIN TYPE SCORE		FITZPATRICK SKIN TYPE
0-7		I
8-16		II
17-25		III
25-30		IV
OVER 30		V-VI

COMPLETE SCORE OF ALL SECTIONS

The Fitzpatrick Scale

					
TYPE I	TYPE II	TYPE III	TYPE IV	TYPE V	TYPE VI
Light, pale white	White, fair	Medium, white to olive	Olive, moderate brown	Brown, dark brown	Black, very dark brown to black
Always burns, never tans	Usually burns, tans with difficulty	Sometimes mild burn, gradually tans to olive	Rarely burns, tans with ease to a moderate brown	Very rarely burns, tans very easily	Never burns, tans very easily, deeply pigmented