

# Skin Typing Form

NAME: \_\_\_\_\_

Score	0	1	2	3	4
What is the color of your eyes?	Light blue, Gray, Light Green	Blue, Gray or Green	Dark Blue or Hazel	Dark Brown	Brownish Black
What is the natural color of your hair?	Sandy Red	Blonde	Chestnut/ Dark Blonde	Dark Brown	Black
What is the color of your skin (non exposed areas)	Reddish	Very Pale	Pale with Beige Tint	Light Brown	Dark Brown
Do you have freckles on unexposed areas?	Many	Several	Few	Incidental	None

Total score for Genetic Disposition \_\_\_\_\_

Score	0	1	2	3	4
What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering followed by peeling	Burns sometimes followed by peeling	Rare burns	Never had burns
To what degree do you turn brown?	Hardly or not at all	Light color tan	Reasonable tan	Tans easily	Turns dark brown quickly
Do you turn brown within several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always
How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem

Total score for Reaction to Sun Exposure \_\_\_\_\_

Score	0	1	2	3	4
When was the last time you exposed your body to the sun, tanning beds or self-tanning creams?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a month ago	Less than 2 weeks ago
How frequently do you expose the area to be treated to the sun?	Never	Hardly ever	Sometimes	Often	Always

Total score for Tanning Habits \_\_\_\_\_

## SUMMARY

\_\_\_\_\_ Total score for Genetic Disposition

\_\_\_\_\_ Total score for Reaction to Sun Exposure

\_\_\_\_\_ Total score for Tanning Habits

\_\_\_\_\_ Skin Type Score

## YOUR FITZPATRICK SKIN TYPE

Skin Type Score	Fitzpatrick Skin Type
0-7	I
8-16	II
17-25	III
25-30	IV
Above 30	V - VI