

	<b>VATA – air, ether Movement</b>	<b>PITTA – fire, water Transformation</b>	<b>KAPHA – water, earth Grounding, nourishing</b>
<b>Bone structure</b>	Thin	Medium, "squared"	Thick, big bones
<b>Weight</b>	Low, rarely gain weight	Average weight, sporty body type	Heavy, gains weight easily
<b>Eyes</b>	Small, active, or lies deep (sunken)	Medium size, intensive and active, sensitive to light	Large, calm, loving
<b>Skin</b>	Easily becomes dry, thin	Soft, warm, smooth, sensitive, oily	Smooth, cool, pale, oily
<b>Hair</b>	Easily becomes dry, frizzy, curly	Soft, thin, wavy, oily, grey, red, balding	Sturdy, thick, straight, easily becomes oily
<b>Walk and move</b>	Quickly and easily	Fairly quickly	Slow
<b>Physical endurance</b>	Not so good, hyperactive, "sprinter"	Good, moderate, powerful "weight lifter"	Very good, constant, slow "long distance runner"
<b>Working method</b>	Quickly, might be faulty	Efficient and accurate	Slow, methodical
<b>Mental function</b>	Imaginative, alert, quick, constant	Sharp internal, spawned, moderate	Pensive, slow, dull, thoughtful
<b>New ideas</b>	Tries most things out, flexible	Examine critically and logically	Rather wait and think it through
<b>Mood</b>	Switches often and easily, uncertain, flexible	Temperamental, determined, can have tendencies towards anger	Stable, calm, tendencies towards attachment
<b>Stress reaction</b>	Fearful, worries, become anxious	Easily irritated	Rarely anxious or irritable, escape the situation
<b>Sleep habits</b>	Light sleeper, varies	7-8 hrs. beneficial	At least 8 hours, heavy
<b>Hunger / digestive</b>	Irregular, might forget to eat	Strong "Must have food"	Stable, gentle, slow
<b>Feces</b>	Irregular, easily becomes hard, dry	At least 1-2 times per day, rather loose than hard	Regular, heavy, slow, not always every day
<b>Economy</b>	Spends money easily, on travels and impulse purchases	Spends on quality and drink / food / clothing	Rarely does impulse shopping, often save for later
<b>Weather</b>	Prefer sun, not windy and cold weather.	Dislike too much sun and heat.	Like heat but not humid and cold weather
<b>Speech</b>	Quick, unclear	Sharp, penetrating	Slow, monotone
	<b>TOTAL VATA:</b>	<b>TOTAL PITTA:</b>	<b>TOTAL KAPHA:</b>

Remember that the questionnaire is only one way to determine your current state of health. A full consultation will give you many more tools to help understanding your body and mind.