

Skin Type Worksheet

Name: _____

Date: _____

	0	1	2	3	4	SCORE
What is your eye color?	light blue, gray, green	blue, gray, green	blue	dark brown	brownish black	
What is your natural hair color?	sandy red	blonde	dark blonde, brown, chesnut	dark brown	black	
What is the color of your skin?	reddish	very pale	pale with beige tint	light brown	dark brown	
Do you have freckles on sun exposed areas?	many	several	few	incidental	none	
What happens when you stay in the sun too long?	painful redness, blistering, peeling	blistering followed by peeling	burns sometimes followed by peeling	rarely burns	never burns	
To what degree do you turn brown?	hardly, or not at all	light color tan	reasonable tan	tan very easily	turn dark brown quickly	
Do you turn brown several hours after sun exposure?	never	seldom	sometimes	often	always	
How does your face respond to the sun?	very sensitive	sensitive	normal	very resistant	never had a problem	
When did you last expose yourself to the sun, tanning bed, or self tanning creams?	more than 3 months ago	2-3 months ago	1-2 months ago	less than 1 month ago	less than 2 weeks ago	
Do you expose the area to be treated, to the sun?	never	hardly ever	sometimes	often	always	

Score **Fitzpatrick Skin Type**

0-7 I
 8-16 II
 17-25 III
 26-30 IV
 over 30 V - VI

Total Score

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