

Directions: Fill out the form below checking **all** boxes that apply. **Add** up each column to determine how much Vata, Pitta, and Kapha is present in your constitution. You can do this once for your embodied experience prior to puberty and then once for your current manifestation.

Ayurvedic Assessment						
Physical Body						
Bone Structure	Slight	<input type="checkbox"/>	Medium	<input type="checkbox"/>	Large	<input type="checkbox"/>
Weight	Difficult To Gain	<input type="checkbox"/>	Average, Easy To Lose	<input type="checkbox"/>	Heavy, Difficult To Lose	<input type="checkbox"/>
Joints	Dry, Crackly	<input type="checkbox"/>	Average, Mobile	<input type="checkbox"/>	Large, Lubricated	<input type="checkbox"/>
Hair	Dry, Course, Wirey	<input type="checkbox"/>	Fine, Soft, Wavy	<input type="checkbox"/>	Profuse, Thick, Straight	<input type="checkbox"/>
Eyes	Small, Sharp, Darting	<input type="checkbox"/>	Piercing, Deep, Almond	<input type="checkbox"/>	Large, Inviting	<input type="checkbox"/>
Skin	Dry, Cracked	<input type="checkbox"/>	Olive, Medium	<input type="checkbox"/>	Pale, Oily, Smooth	<input type="checkbox"/>
Nose	Sharp, Pointy	<input type="checkbox"/>	Medium Size	<input type="checkbox"/>	Large, Flat	<input type="checkbox"/>
Sleep	Difficulty Sleeping, Waking Around 2a.m.	<input type="checkbox"/>	Average Sleeping, Easy To Wake	<input type="checkbox"/>	Deep Sleep, Difficult To Wake	<input type="checkbox"/>
Body Temperature	Cold	<input type="checkbox"/>	Warm	<input type="checkbox"/>	Cold	<input type="checkbox"/>
Intellectual						
Temperment	Shy, Quiet, Subdued	<input type="checkbox"/>	Active, Agressive, Ambitious	<input type="checkbox"/>	Sedentary, Methodical, Judicial	<input type="checkbox"/>
Response To Stress	Anxious, Worried	<input type="checkbox"/>	Anger, Frustration	<input type="checkbox"/>	Logical	<input type="checkbox"/>
Ability To Relax	Difficult	<input type="checkbox"/>	Moderately Difficult	<input type="checkbox"/>	Natural	<input type="checkbox"/>
Drive	Moderate	<input type="checkbox"/>	Strong	<input type="checkbox"/>	Weak	<input type="checkbox"/>
Focus	Variable	<input type="checkbox"/>	Average	<input type="checkbox"/>	Strong	<input type="checkbox"/>
Intellect	Quick To Learn, Quick To Forget	<input type="checkbox"/>	Sharp	<input type="checkbox"/>	Slow, Sustained	<input type="checkbox"/>
Emotional						
Temperment	Pessimistic	<input type="checkbox"/>	Optimistic	<input type="checkbox"/>	Judicial	<input type="checkbox"/>
Interpersonal	Skeptical	<input type="checkbox"/>	Trusting	<input type="checkbox"/>	Analytical	<input type="checkbox"/>
Confrontation	Explosive	<input type="checkbox"/>	Aggressive	<input type="checkbox"/>	Passive Aggressive	<input type="checkbox"/>
Self Esteem	Low	<input type="checkbox"/>	High	<input type="checkbox"/>	Average	<input type="checkbox"/>
Communication Style	Lacking Or Profuse	<input type="checkbox"/>	Direct	<input type="checkbox"/>	Passive	<input type="checkbox"/>
Spirituality						
Connected To Higher Power	Variable	<input type="checkbox"/>	Devote	<input type="checkbox"/>	Scientific	<input type="checkbox"/>
Ritualistic	Personal Ritual	<input type="checkbox"/>	Community Ritual	<input type="checkbox"/>	Avoids Ritual	<input type="checkbox"/>
Connected To Nature	Recharges In Nature	<input type="checkbox"/>	Connects To Nature	<input type="checkbox"/>	Avoids Nature	<input type="checkbox"/>
Ego	Excessive	<input type="checkbox"/>	Inflated	<input type="checkbox"/>	Moderate	<input type="checkbox"/>
	Total Vata:		0	Total Pitta:		0
				Total Kapha:		0