

## SKIN TYPING WORKSHEET

		<b>Circle appropriate answer for your skin type</b>				
		<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
What is your eye color?		Light blue or gray	Blue or green	Hazel or light brown	Dark brown	Brownish black
What is the natural color of your hair?		Red, sandy red	Blonde	Dark blonde, chestnut, brown	Dark brown	Black
What is the color of your skin (unexposed areas)?		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 had burns
To what degree do you turn brown?		Hardly any or not at all	Light 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 exposed 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
How often is the area you want to have treated exposed to the sun?		Never	Hardly ever	Sometimes	Often	always
Fitzpatrick Skin Type	Score range	Patient's Total Score				
<b>I</b>	0-7	Always burns. Never tans. Red or blonde hair, light eyes				
<b>II</b>	8-16	Somewhat tans, mostly burns				
<b>III</b>	17-25	Sometimes burns, mostly tans, also knows as "Olive" complexion				
<b>IV</b>	26-30	Rarely burns, almost always tans, also known as "olive" complexion				
<b>V</b>	Over 30	Moderately pigmented (Indian, Hispanic, etc.)				
<b>VI</b>	Over 30	African American				

### Evaluation

**Skin Type:** Normal \_\_\_\_\_ Oily \_\_\_\_\_ Dry \_\_\_\_\_ Acne \_\_\_\_\_ Other \_\_\_\_\_