



SKIN TYPING WORKSHEET

Name: _____ Date: _____

Score: _____

| | 0 | 1 | 2 | 3 | 4 |
|---|--------------------------------------|---------------------------------|--------------------------------------|-----------------------|-------------------------|
| 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 or sandy red | Blonde | Dark blond, chestnut, or 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 expose yourself to the sun, tanning bed or self-tanning cream? | 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 |
| TOTALS: | | | | | |

Add the above columns for the total score:

- Fitzpatrick Skin Type I 0-7
- Fitzpatrick Skin Type II 8-16
- Fitzpatrick Skin Type III 17-25
- Fitzpatrick Skin Type IV 26-30
- Fitzpatrick Skin Type V-VI Over 30