

Body Type Quiz

	VATA	PITTA	KAPHA
MENTAL PROFILE			
Mental activity	<input type="checkbox"/> Quick mind, restless	<input type="checkbox"/> Sharp intellect, aggressive	<input type="checkbox"/> Calm, steady, stable
Memory	<input type="checkbox"/> Short-term best	<input type="checkbox"/> Good general memory	<input type="checkbox"/> Long-term best
Thoughts	<input type="checkbox"/> Constantly changing	<input type="checkbox"/> Fairly steady	<input type="checkbox"/> Steady, stable, fixed
Concentration	<input type="checkbox"/> Short-term focus best	<input type="checkbox"/> Better than average mental concentration	<input type="checkbox"/> Good ability for long-term focus
Ability to learn	<input type="checkbox"/> Quick grasp of learning	<input type="checkbox"/> Medium to moderate grasp	<input type="checkbox"/> Slow to learn new things
Dreams	<input type="checkbox"/> Fearful, flying, running, jumping	<input type="checkbox"/> Angry, fiery, violent, adventurous	<input type="checkbox"/> Include water, clouds, relationships, romance
Sleep	<input type="checkbox"/> Interrupted, light	<input type="checkbox"/> Sound, medium	<input type="checkbox"/> Sound, heavy, long
Speech	<input type="checkbox"/> Fast, sometimes missing words	<input type="checkbox"/> Fast, sharp, clear-cut	<input type="checkbox"/> Slow, clear, sweet
Voice	<input type="checkbox"/> High pitch	<input type="checkbox"/> Medium pitch	<input type="checkbox"/> Low pitch
Mental Subtotal	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
BEHAVIORAL PROFILE			
Eating speed	<input type="checkbox"/> Quick	<input type="checkbox"/> Medium	<input type="checkbox"/> Slow
Hunger level	<input type="checkbox"/> Irregular	<input type="checkbox"/> Sharp, needs food when hungry	<input type="checkbox"/> Can easily miss meals
Food and drink	<input type="checkbox"/> Prefers warm	<input type="checkbox"/> Prefers cold	<input type="checkbox"/> Prefers dry and warm
Achieving goals	<input type="checkbox"/> Easily distracted	<input type="checkbox"/> Focused and driven	<input type="checkbox"/> Slow and steady
Giving/donations	<input type="checkbox"/> Gives small amounts	<input type="checkbox"/> Gives nothing, or large amounts infrequently	<input type="checkbox"/> Gives regularly and generously
Relationships	<input type="checkbox"/> Many casual	<input type="checkbox"/> intense	<input type="checkbox"/> Long and deep

Sex drive	<input type="checkbox"/> Variable or low	<input type="checkbox"/> Moderate	<input type="checkbox"/> Strong
Works best	<input type="checkbox"/> While supervised	<input type="checkbox"/> Alone	<input type="checkbox"/> In groups
Weather preference	<input type="checkbox"/> Aversion to cold	<input type="checkbox"/> Aversion to heat	<input type="checkbox"/> Aversion to damp, cool
Reaction to stress	<input type="checkbox"/> Excites quickly	<input type="checkbox"/> Medium	<input type="checkbox"/> Slow to get excited
Financial	<input type="checkbox"/> Doesn't save, spends quickly	<input type="checkbox"/> Saves, but big spender	<input type="checkbox"/> Saves regularly, accumulates wealth
Friendships	<input type="checkbox"/> Tends toward short-term friendships, makes friends quickly	<input type="checkbox"/> Tends to be a loner, friends related to occupation	<input type="checkbox"/> Tends to form long-lasting friendships
Behavioral Subtotal	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

EMOTIONAL PROFILE

Moods	<input type="checkbox"/> Change quickly	<input type="checkbox"/> Change slowly	<input type="checkbox"/> Steady, unchanging
Reacts to stress with	<input type="checkbox"/> Fear	<input type="checkbox"/> Anger	<input type="checkbox"/> Indifference
More sensitive to	<input type="checkbox"/> Own feelings	<input type="checkbox"/> Not sensitive	<input type="checkbox"/> Others' feelings
When threatened, tends to	<input type="checkbox"/> Run	<input type="checkbox"/> Fight	<input type="checkbox"/> Make peace
Relations with spouse/partner	<input type="checkbox"/> Clingy	<input type="checkbox"/> Jealous	<input type="checkbox"/> Secure
Expresses affection	<input type="checkbox"/> With words	<input type="checkbox"/> With gifts	<input type="checkbox"/> With touch
When feeling hurt	<input type="checkbox"/> Cries	<input type="checkbox"/> Argues	<input type="checkbox"/> Withdraws
Emotional trauma causes	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Denial	<input type="checkbox"/> Depression
Confidence level	<input type="checkbox"/> Timid	<input type="checkbox"/> Outwardly self-confident	<input type="checkbox"/> Inner confidence
Emotional Subtotal	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

PHYSICAL PROFILE

Amount of hair	<input type="checkbox"/> Average	<input type="checkbox"/> Thinning	<input type="checkbox"/> Thick
Hair type	<input type="checkbox"/> Dry	<input type="checkbox"/> Normal	<input type="checkbox"/> Oily
Hair color	<input type="checkbox"/> Light brown, blonde	<input type="checkbox"/> Red, auburn	<input type="checkbox"/> Dark brown, black
Skin	<input type="checkbox"/> Dry, rough, or both	<input type="checkbox"/> Soft, normal to oily	<input type="checkbox"/> Oily, moist, cool
Skin temperature	<input type="checkbox"/> Cold hands/feet	<input type="checkbox"/> Warm	<input type="checkbox"/> Cool

Complexion	<input type="checkbox"/> Darker	<input type="checkbox"/> Pink-red	<input type="checkbox"/> Pale-white
Eyes	<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large
Whites of eyes	<input type="checkbox"/> Blue/brown	<input type="checkbox"/> Yellow or red	<input type="checkbox"/> Glossy white
Size of teeth	<input type="checkbox"/> Very large or very small	<input type="checkbox"/> Small-medium	<input type="checkbox"/> Medium-large
Weight	<input type="checkbox"/> Thin, hard to gain	<input type="checkbox"/> Medium	<input type="checkbox"/> Heavy, gains easily
Elimination	<input type="checkbox"/> Dry, hard, thin, easily constipated	<input type="checkbox"/> Many during day, soft to normal	<input type="checkbox"/> Heavy, slow, thick, regular