

## Body Type Quiz

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

<b>Sex drive</b>	<input type="checkbox"/> Variable or low	<input type="checkbox"/> Moderate	<input type="checkbox"/> Strong
<b>Works best</b>	<input type="checkbox"/> While supervised	<input type="checkbox"/> Alone	<input type="checkbox"/> In groups
<b>Weather preference</b>	<input type="checkbox"/> Aversion to cold	<input type="checkbox"/> Aversion to heat	<input type="checkbox"/> Aversion to damp, cool
<b>Reaction to stress</b>	<input type="checkbox"/> Excites quickly	<input type="checkbox"/> Medium	<input type="checkbox"/> Slow to get excited
<b>Financial</b>	<input type="checkbox"/> Doesn't save, spends quickly	<input type="checkbox"/> Saves, but big spender	<input type="checkbox"/> Saves regularly, accumulates wealth
<b>Friendships</b>	<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
<b>Behavioral Subtotal</b>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

### EMOTIONAL PROFILE

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

### PHYSICAL PROFILE

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

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