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What's My Type

Name: _____

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Take your time filling out this chart, reflecting carefully on each topic. If you are uncertain, refer to your childhood or ask the opinion of someone who knows you well. You CAN check more than one category if you believe both are prominent. If two are prominent, but one is more so give it 2 checks.

	Vata	Pitta	Kapha
Joints	Small and fine, frequent cracking, prone to misalignments	Medium, well-formed	Large and solid
Flexibility	Variable; overly flexible in some areas, other areas very tight and stiff	Flexible, except for areas of the body that get overworked, which can be quite tight or hard. May also be uniformly tight.	Can feel heavy, cold and stiff
Stature	Tall and thin, or petite	Medium	Short or Tall and stocky; solid
Weight	Low, hard to gain, loses under stress	Medium - holds under stress	Some extra, hard to lose, gains under stress
Muscles	Small, hard to build	Medium, strong, easy to build	Large, bulky; prone to build fat tissue
Facial features	Thin and long, delicate, might be unsteady	Heart-shaped face with sharp or strong features	Large and round, soft contours
Skin type	Thin and dry	Warm and a little oily	Cold, thick and quite oily, enlarged pores
Skin colour	Dark, dull, brownish, tans readily	Reddish, freckles or moles, prone to sunburn, pimples or rosacea	Pale or transparent looking, may have warts or large moles
Eyes	Brown, small	Blue, grey or green; almond-shaped; piercing.	Large with lots of white
Mouth, Teeth, Gums & Jaw	Thin, brittle, dry, small, crooked, receding gums, misalignments	Medium, pink, bleeding gums, clenching or grinding	Large, strong, soft, lots of saliva
Hair	Fine, thin, brown or mousy, frizzy	Straight, blonde or red. May have receding hairline, balding or early grey.	Thick, wavy, shiny and oily

Name:

Appetite	Low or variable; might forget or have trouble eating when stressed, excited or preoccupied	Sharp or voracious; needs to eat on schedule. Might feel grumpy or stressed when very hungry.	Loves to eat a lot, but can also skip or postpone meals
Body Temperature	Gets cold easily; hates cold & wind; feels coldest during winter	Usually warm, hates hot weather	Gets cold easily, hates cold, damp weather; feels coldest during spring
Voice	High, quiet, raspy or dry	Strong, clear and loud	Deep, melodious, soft, velvety
Speech	Quick witted, humorous, talkative. Might stutter, speak in a stilted manner or use incomplete sentences.	Clear and articulate; loves discourse & debate	Slow, deliberate, kind, not overly talkative. Might mumble or speak too quietly for others to hear.
Sleep Habits	Variable, light sleeper, insomnia; busy mind at night; wakes and sleeps at variable hours	Reasonably good unless emotionally upset or overworking; then prone to staying up late or waking early	Heavy, long sleeper; slow to wake up in the morning; usually wakes and sleeps at the same time each day
Type of illness	Poor enervation, pain, nervous disorders, arthritis, osteoporosis, eating disorders, anxiety, mental & emotional instability	Inflammation, fevers, infections, skin disorders	Colds, mucous, respiratory system disorders, edema, poor circulation, depression
Type of pain	Sharp, nerve pain, intermittent	Burning	Dull, heavy, aching, itching, consistent
Imagination	High, I think of lots of possibilities and have many ideas	Reasonable, I like to know how things will work practically	Low, I have difficulty imagining how things could be different from my experience
Learning & Memory	I learn easily, but forget quickly.	Medium, reasonable memory	Slow, I need lots of repetition but once I learn I never forget
Learning Style	I like lots of variety, even if I don't learn things as thoroughly at first. I'm easily bored doing the same things all the time.	Doing things correctly is more important to me than the amount of material, as long as I'm on track to meet my goals.	I feel comfortable practicing what I know, and don't get bored easily even if the material is a bit repetitive.
Work Habits	Inconsistent, unstructured, I often have unfinished projects	Intense, workaholic, structured; I take pride in being competent	Consistent, but relaxed. When I feel lazy I am immovable.

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Motivation	I may be enthusiastic about doing something, but I have a hard time maintaining a routine and lose interest easily.	I am highly motivated and very disciplined when it comes to doing something I've decided is right for me or will help me meet my goals.	I do best when practicing with others. If I'm going to do it on my own, I'll be successful if I can incorporate it into my routine.
Stamina	Low or variable	Medium	High or extremely high
Exertion	Sometimes I overdo it a little (or a lot), and other times I can't get into it at all. I like to do things in a lighthearted way.	I like to 'dig into' a project or practice. Sometimes, people think I take things a bit too seriously.	I like to practice in a way that is easygoing, fun and relaxed. It can take a while for me to warm up, but then I can work very hard.
Interaction with Others	Diplomacy and respect are very important to me. I don't mind someone giving me feedback as long as they're nice about it.	I like to be treated as an equal. I don't mind instructors being direct with me as long as I respect them.	I like having strong guidance, but sometimes I like doing things my own way. Others have told me I can be stubborn.
Positive Emotional Qualities / In Balance	Adaptable, enthusiastic, sensitive, intuitive, multi-talented, creative, gentle-natured, light-hearted	Passionate, capable, insightful, focused, disciplined, efficient, charismatic, perceptive	Loving, reliable, easy-going, salt-of-the-earth, supportive, grounded, solid, heart-centred, good-humoured
Negative Emotional Qualities / Out of Balance	Anxious, moody, impatient, worrying, nervous, multi-tasking, fragmented, spacey, restless, excessive talking, difficulty sticking to tasks or schedule	Grumpy, obsessive, perfectionist, intense, critical, workaholic, angry, calculating, self-centred, controlling, micro-managing, harsh	Lazy, tired, dull, oversleeping, over-eating, depressed, non-communicative, unmotivated, addictions, grudges, careless, foggy thinking

To find out your unique constitutional type, add all the checks from each column and put in your total below. Learn more about each of the types on the next page.

TOTALS

Vata: _____

Pitta: _____

Kapha: _____

Vata is the quality of air & ether. People who have lots of Vata in their unique mix, or who live in Vata environments (cold, windy, changeable) need to bring in qualities of fire (ie keep warm), water (hydrate frequently, inside & out), and earth (grounding). Foods that help them are salty, sour & sweet (but not sugary!). Foods that imbalance them are bitter, astringent and pungent (spicy). Since they struggle a bit with digestion, warm spices and cooked foods are a help. Emotionally, they are quite sensitive, so they need to choose calm environments and companions. They need to work on being focused and keep multi-tasking at a minimum. They thrive on light but grounding exercise and may gravitate toward overexerting themselves and be prone to injury.

Pitta is the quality of fire. People with lots of fire in their mix or who live in hot climates need to bring in qualities of air & ether (lighten up), water (which provides cooling hydration) and earth (grounding). Foods that help them are bitter, astringent & sweet (not sugary!). Since their digestion tends toward being hot and quick, they should avoid salty, sour & pungent (spicy) foods. Raw, cooling foods and regular mealtimes help keep them happy. Emotionally, they need to lighten up, watch their temper and try not to be too competitive or type-A. They often take well to exercise and can be strong, but should focus on staying cool and not allow their competitive natures take the fun out of it. They need to make sure their fitness program doesn't exacerbate inflammation, which they can be prone to.

Kapha is the quality of earth and water. People with lots of Kapha in their mix or who live in cold, damp climates need to bring in qualities of fire to stay warm, and air & ether to lighten up. They need to focus on eating light, warm, cooked foods with bitter, astringent & pungent (spicy) tastes. Salty, sour and sweet tastes (including grains) aren't good for them. They need to focus on finding pleasure in social activities and in experiences, or they'll turn to food. They also need the most exercise of all the types. It takes them a long time to warm up, but once they get going, they can go forever! However, if they are carrying extra weight, they need to be careful not to injure themselves when they first start an exercise program.

What if I'm a mix? Most people are! Without Kapha, you wouldn't have a body. Without Pitta, you wouldn't be able to keep it warm or digest your food. Without Vata, you wouldn't be able to move or think. One of the first places to check in with is your digestion (which may vary somewhat with the seasons). This will generally tell you what kind of foods to eat, which is a great start toward upping your game!