

## Fitzpatrick Skin Type Assessment Worksheet

Directions:

1. Answer each question by placing an X in the applicable box.
2. Write your score (0 -4) for each question.
3. Total your score by adding all line scores.
4. Use the chart to determine your skin type.

Questions	0	1	2	3	4	YOUR SCORE
What is the color of your eyes?	Light - blue, gray or green	Blue Gray Green	Blue	Dark brown	Brownish black	
What is the natural color of your hair?	Sandy red	Blonde	Dark blonde Chestnut	Dark brown	Black	
What is the color of your skin (unexposed areas)?	Reddish	Very pale	Pale with beige tint	Light brown	Dark brown	
What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering followed by peeling	Burn sometimes followed by peeling	Rarely burns	Never had burns	
To what degree do you turn brown?	Hardly, or not all	Light color 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 creams?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than 1 month ago	Less than 2 weeks ago	
Do you expose the area to be treated to the sun?	Never	Hardly ever	Sometimes	Often	Always	

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Total Score: \_\_\_\_\_

Fitzpatrick Skin Type: \_\_\_\_\_

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