

The Fitzpatrick Skin Type Test

Genetic Disposition

What is the color of your eyes?

- 0pt. Light blue or light green
- 1pt. Blue, green, or hazel
- 2pt. Light brown
- 3pt. Dark brown
- 4pt. Brownish black

What is the natural color of your hair?

- 0pt. Sandy red
- 1pt. Blonde
- 2pt. Chestnut/ dark blonde
- 3pt. Dark brown
- 4pt. Black

What is the color of your skin (non-exposed areas)?

- 1pt. Reddish
- 2pt. Very pale
- 3pt. Pale with beige tint
- 4pt. Light brown
- 5pt. Dark brown

Do you have freckling on your body in places you do not expose to the sun?

- 0pt. Many
- 1pt. Several
- 2pt. Few
- 3pt. Incidental
- 4pt. None

Reaction to Sun Exposure

What happens when you stay in the sun too long?

- 0pt. Painful, redness, blistering, peeling
- 1pt. Blistering followed by peeling
- 2pt. Burns sometimes followed by peeling
- 3pt. Rare burns
- 4pt. Never burns

To what degree do you brown?

- 0pt. Hardly or not at all
- 1pt. Light color tan
- 2pt. Reasonable tan
- 3pt. Tan very easy
- 4pt. Turn dark, brown quickly

Do you turn brown within several hours after sun exposure?

- 0pt. Never
- 1pt. Seldom
- 2pt. Sometimes
- 3pt. Often
- 4pt. Always

How does your face react to the sun?

- 0pt. Very sensitive
- 1pt. Sensitive
- 2pt. Normal
- 3pt. Very resistant
- 4pt. Never had a problem

Tanning Habits

When did you last expose your face/body to the sun or artificial tanning device or tanning cream?

- 0pt. More than 3 months ago
- 1pt. 2-3 months ago
- 2pt. 1-2 months ago
- 3pt. Less than a month ago
- 4pt. Less than 2 weeks ago

Do you wear sunscreen or protect your face every time you are outside?

- 0pt. Always
- 1pt. Often
- 2pt. Sometimes
- 3pt. Hardly ever
- 4pt. Never

TOTAL SCORE OF ALL THREE SECTIONS FOR YOUR SKIN TYPE SCORE.

SKIN TYPE SCORE	FITZPATRICK SKIN TYPE
0 - 7	I
8 - 16	II
17 - 25	III
25 - 30	IV
OVER 30	V - VI