

## Ayurvedic Constitution Quiz

	VATA DOSHA		PITTA DOSHA		KAPHA DOSHA	
Body Frame	Slight, thin, lanky	<input type="checkbox"/>	Medium, proportional	<input type="checkbox"/>	Larger frame, bigger bones	<input type="checkbox"/>
Weight	Loses weight easily, underweight or slim	<input type="checkbox"/>	Steady, consistent, not rail thin or stocky	<input type="checkbox"/>	Stocky, gains weight easily	<input type="checkbox"/>
Schedule	Irregular. Doesn't like to adhere to a routine.	<input type="checkbox"/>	Works long hours easily. Workaholic tendencies. Likes to have a routine.	<input type="checkbox"/>	Good at keeping a routine. Tends to work slowly, but gets a lot done.	<input type="checkbox"/>
Sleep	Light, restless, interrupted	<input type="checkbox"/>	Sleeps well, moderate # hours	<input type="checkbox"/>	Long sleep, trouble waking up	<input type="checkbox"/>
Stamina	Tires easily/short bursts of energy	<input type="checkbox"/>	Moderate stamina/strong will	<input type="checkbox"/>	Impressive stamina but doesn't like to push too hard.	<input type="checkbox"/>
Preferences	Spontaneous, adventurous, and doesn't mind change of plans	<input type="checkbox"/>	Likes physical and intellectual challenges. Prefers to plan ahead and know what to expect.	<input type="checkbox"/>	Prefers rest and relaxation over vigorous activity.	<input type="checkbox"/>
Personality	Enthusiastic, creative, excitable	<input type="checkbox"/>	Disciplined, smart, ambitious, intense	<input type="checkbox"/>	Easy going, understanding, compassionate	<input type="checkbox"/>
Mental tendencies	Indecisive, easily scattered. In a group setting tends to be the "ideas" person.	<input type="checkbox"/>	Clear, focused, uncompromising. In a group setting, tends to be the leader.	<input type="checkbox"/>	Slow to change, unruffled. In a group setting, looks for best solutions for all instead of having a personal agenda.	<input type="checkbox"/>
Conflict makes me	Anxious, worried, fearful	<input type="checkbox"/>	Impatient, angry, frustrated	<input type="checkbox"/>	Sad, unmotivated, depressed. Gets "stuck" easily.	<input type="checkbox"/>
Memory	Learns fast, forgets fast	<input type="checkbox"/>	Sharp, quick, studious. Remembers what she/he wants to remember.	<input type="checkbox"/>	Slow to learn. Excellent retention.	<input type="checkbox"/>
Speech	Talks quickly and skips around a lot	<input type="checkbox"/>	Articulate, clear communicator, can get snarky when provoked	<input type="checkbox"/>	Slow pace and tendency towards monotonous tone	<input type="checkbox"/>
Appetite	Irregular appetite and doesn't like routine eating times. Prefers to graze rather than eat a full meal.	<input type="checkbox"/>	Strong hunger/hangry when food isn't available. Often goes back for seconds when something tastes good.	<input type="checkbox"/>	Steady, moderate appetite. Prefers comfort foods (warm casseroles, heavier foods).	<input type="checkbox"/>
Digestion	Gas, bloating, indigestion. Weak digestion.	<input type="checkbox"/>	Quick and moderately strong digestion. Tends towards acidity.	<input type="checkbox"/>	Slow, sluggish, heavy digestion.	<input type="checkbox"/>
Stools	Tendency for harder and drier stools and constipation	<input type="checkbox"/>	Tendency loose, soft stools	<input type="checkbox"/>	Larger volume, not every day	<input type="checkbox"/>
Hips	Slender hips	<input type="checkbox"/>	Medium hips	<input type="checkbox"/>	Wide, heavy hips	<input type="checkbox"/>
Skin	Dry, thin, rough	<input type="checkbox"/>	Sensitive, gets red easily.	<input type="checkbox"/>	Smooth, thick, creamy	<input type="checkbox"/>
Hair	Dry, frizzy	<input type="checkbox"/>	Fine but may have a lot of hair, typically straight	<input type="checkbox"/>	Thick, wavy	<input type="checkbox"/>
Lips	Thin lips	<input type="checkbox"/>	Moderate size, red lips/palms/face	<input type="checkbox"/>	Large, smooth lips	<input type="checkbox"/>
Eyes	Small, active eyes	<input type="checkbox"/>	Sharp, piercing, intense	<input type="checkbox"/>	Large, calm, loving eyes	<input type="checkbox"/>
TOTAL		0		0		0