**Fitzpatrick Skin Type Quiz**

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

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

**Part I: Genetic Disposition**

**Your eye color is:**

Light blue, light gray or light green = 0 points

Blue, gray or green = 1 point

Hazel or light brown = 2 points

Dark brown = 3 points

Brownish black = 4 points

**Your natural hair color is:**

Red or light blonde = 0 points

Blonde = 1 point

Dark blonde or light brown = 2 points

Dark brown = 3 points

Black = 4 points

**Your natural skin color (before sun exposure) is:**

Ivory white = 0 points

Fair or pale = 1 point

Fair to beige, with golden undertone = 2 points

Olive or light brown = 3 points

Dark brown or black = 4 points

**How many freckles do you have on unexposed areas of your skin?**

Many = 0 points

Several = 1 point

A few = 2 points

Very few = 3 points

None = 4 points

**Total score for genetic disposition (Part I): \_\_\_\_\_\_**

**Add up your genetic disposition and sun exposure totals to find your Fitzpatrick Skin Type: \_\_\_\_\_**

**Part II: Reaction to Extended Sun Exposure**

**How does your skin respond to the sun?**

Always burns, blisters and peels = 0

Often burns, blisters and peels = 1 point

Burns moderately = 2

Burns rarely, if at all = 3

Never burns = 4

**Does your skin tan?**

Never -- I always burn = 0

Seldom = 1 point

Sometimes = 2

Often = 3

Always = 4

**How deeply do you tan?**

Not at all or very little = 0

Lightly = 1 point

Moderately = 2

Deeply = 3

My skin is naturally dark = 4

**How sensitive is your face to the sun?**

Very sensitive = 0

Sensitive = 1 point

Normal = 2

Resistant = 3

Very resistant/Never had a problem = 4

**Total score for reaction to extended sun exposure (Part II): \_\_\_\_\_\_**

**Results**

**Skin Type I (0-6 points)**

**Skin Type II (7-12 points)**

**Skin Type III (13-18 points)**

**Skin Type IV (19-24 points)**

**Skin Type V (25-30 points)**

**Skin Type V (31+ points)**