

FITZPATRICK SKIN TYPE TEST

Answer the following questions and write down the numbers that corresponds with your answers on a sheet of paper. When you are done add up the numbers to get your final score. Then compare it with the chart at the end to get your Fitzpatrick skin type.

Part I: Genetic Disposition

Your eye color is:

Light blue, light gray or light green = 0

Blue, gray or green = 1

Hazel or light brown = 2

Dark brown = 3

Brownish black = 4

Your natural hair color is:

Red or light blonde = 0

Blonde = 1

Dark blonde or light brown = 2

Dark brown = 3

Black = 4

Your natural skin color (before sun exposure) is:

Ivory white = 0

Fair or pale = 1

Fair to beige, with golden undertone = 2

Olive or light brown = 3

Dark brown or black = 4

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

Many = 0

Several = 1

A few = 2

Very few = 3

None = 4

Total score for genetic disposition: _____

Part II: Reaction to Extended Sun Exposure
(circle your answer)

How does your skin respond to the sun?

Always burns, blisters and peels = 0

Often burns, blisters and peels = 1

Burns moderately = 2

Burns rarely, if at all = 3

Never burns = 4

Does your skin tan?

Never -- I always burn = 0

Seldom = 1

Sometimes = 2

Often = 3

Always = 4

How deeply do you tan?

Not at all or very little = 0

Lightly = 1

Moderately = 2

Deeply = 3

My skin is naturally dark = 4

How sensitive is your face to the sun?

Very sensitive = 0

Sensitive = 1

Normal = 2

Resistant = 3

Very resistant/Never had a problem = 4

Total score for reaction to sun exposure: _____

Add up your genetic disposition and sun exposure totals to find your Fitzpatrick Skin

Type: _____

FITZPATRICK SKIN TYPE CHART:

Type I (0-6 points)

Type II (7-12 points)

Type III (13-18 points)

Type IV (19-24 points)

Type V (25-30 points)

Type VI (31+ points)