



THE FITZPATRICK SKIN TYPE TEST

NAME: _____ DATE: _____

GENETIC DISPOSITION

What is your eye color?

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

What is your natural hair color?

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

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

- (0) Reddish
- (1) Very pale
- (2) Pale with beige tint
- (3) Light brown
- (4) Dark brown

Do you have freckles on your body in places not exposed to the sun?

- (0) Many
- (1) Several
- (2) Few
- (3) Incidental
- (4) None



Total Score for
Genetic Disposition

REACTION TO SUN EXPOSURE

What happens when you stay in the sun too long?

- (0) Painful, redness, blistering, peeling
- (1) Blistering followed by peeling
- (2) Burns, sometimes peeling
- (3) Rarely burns
- (4) Never burns

To what degree do you brown?

- (0) Hardly, or not at all
- (1) Light colour tan
- (2) Reasonable tan
- (3) Tan very easily
- (4) Turn dark brown quickly

Do you turn brown within several hours after sun exposure?

- (0) Never
- (1) Seldom
- (2) Sometimes
- (3) Often
- (4) Always

How does your face react to the sun?

- (0) Very sensitive
- (1) Sensitive
- (2) Normal
- (3) Very resistant
- (4) Never had a problem



Total Score for
Reaction to Sun Exposure

TANNING HABITS

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

- (0) More than 3 months ago
- (1) 2-3 months ago
- (2) 1-2 months ago
- (3) Less than a month ago
- (4) Less than 2 weeks ago

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

- (0) Always
- (1) Often
- (2) Sometimes
- (3) Hardly ever
- (4) Never



Total Score for
Reaction to Sun Exposure



TOTAL SCORE OF ALL 3 SECTIONS

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



I



II



III



IV



V



VI