

Please choose one or more box for each row. For example, for the first row titled “**frame**”, you would choose “Thin”, “Moderate, Medium”, or “Thick, Large”. Or you can choose more than one option. Circle your answer.

Frame	Thin	Moderate, Medium	Thick, Large
Body Weight	Low, Hard to Gain	Moderate	Overweight, Easy to Gain
Skin	Dry, rough, cool, brown, black	Soft, oily, warm, fair, red, yellowish, white	Thick, oily, cool, pale, moist
Amount of Hair	Average	Thinning	Thick
Thickness of Hair	Thin	Medium	Thick
Color of Hair	Black, Light Brown	Red, Early Grey, Blond	Dark Brown, Black
Type of Hair	Woolly (“knotty”), dry	Soft, Oily	Wavy, Oily
Teeth	Protruded, Overly Large or Small, Gums Emaciated	Moderate in Size, Soft Gums, Yellowish	Strong, White, Medium to Large
Eyes	Brown, Black, Dry, Dull, Small	Sharp, Penetrating, Medium in Size, Grey, Green	Blue, Large, Attractive
Appetite	Variable, Scanty, Irregular	Good, Sharp, Excessive, Unbearable, Needs Food	Slow but steady, easily misses meals
Food and Drink Preference	Warm and Moist	Cold and Dry	Warm and Dry
Taste Preference	Sweet, Salty, Sour (acidic fruits, yogurt)	Sweet, Bitter, Astringent (popcorn, beans, “dry and light taste”, foods that create a “puckering” feeling in the mouth)	Sour, Bitter (dandelion, eggplant, turmeric, olives), Astringent
Thirst	Variable	Excessive	Scanty
How quickly do you eat?	Quickly	Moderate	Slowly
Elimination	Dry, hard, constipated	Soft, Oily, Loose	Thick, Oily, Heavy, Slow
Physical Activity	Very Active	Moderately Active	Lethargic
Exercise Endurance	Low	Moderate	High
Exercise Tolerance	Low	Moderate	High
Walk	Quickly	Moderately	Slowly
Mind	Restless, Active	Aggressive, Intelligent	Calm, Slow, Stable
Negative Emotional Temperament	Fearful, Insecure, Unpredictable	Aggressive, Irritable, Jealous	Calm, Greedy, Attached
Positive Emotional Temperament	Generosity, Devoted, Adaptable	Perceptive, Courageous	Stable, Forgiving
Moods	Change Quickly	Change Slowly	Unchanging
React to Stress	Excite Quickly	Anger Easily, Quick Temper	Slow to get Irritated
Weather	Aversion to Cold and Dry	Aversion to Hot and Moist	Aversion to Cold and Damp
Faith	Changeable	Fanatic	Steady
Memory	Good short-term memory , Poor long-term memory	Sharp, Good overall	Slow to learn but rarely forgets, very good long-term memory
Dreams	Fearful, flying, running, jumping	Fiery, Anger, Violence, War	Romantic, Sexual, Watery
Sleep	Scanty, Interrupted	Medium Length, Sound	Heavy, Sound, Prolonged
Speech	Fast	Sharp and Cutting	Slow, Monotonous
Financial Status	Poor, Spends money quickly on Trifles	Moderate, Spends on Luxuries	Rich, Money-saver, spends on food and necessities