

# FITZPATRICK SKIN TEST

Score	0	1	2	3	4	Your Score
Your natural eye color?	Light blue, Gray, Light Green	Blue, Gray or Green	Dark Blue or Hazel	Dark Brown	Brownish Black	
Natural color of your hair?	Sandy or Red	Blonde	Chestnut/ Dark Blonde	Dark Brown	Black	
Color of your non-exposed skin?	Reddish	Very Pale	Pale with Beige Tint	Light Brown	Dark Brown	
Do you have freckles on non-exposed areas?	Many	Several	Few	Incidental	None	

## Genetic Disposition Score \_\_\_\_\_

Score	0	1	2	3	4	Your Score
What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering followed by peeling	Burns sometimes followed by peeling	Rarely burn	Never had burns	
To what degree do you turn brown?	Hardly or not at all	Light color tan	Reasonable tan	Tans easily	Turns dark brown quickly	
Do you turn brown within several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always	
How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem	

## Sun Reaction Score \_\_\_\_\_

Score	0	1	2	3	4	Your Score
When was the last time you exposed your body to the sun, tanning bed or self-tanning cream	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a month ago	Less than 2 weeks ago	
How frequently do you expose the area to be treated	Never	Hardly ever	Sometimes	Often	Always	

## Tanning Habits Score \_\_\_\_\_

## Total Combined Score \_\_\_\_\_

If your total score is:	Then your Fitzpatrick skin type is:	Response to UVA
0-7	I	Never tans, always burns
8-16	II	Tans with difficulty, usually burns
17-25	III	Average tanning, sometimes burns
25-30	IV	Easily tans, rarely burns
over 30	V-VI	Very easy to tan, very rarely burns