

Fitzpatrick Skin Typing Worksheet

Name:		Date:				
Score		0	1	2	3	4
	What is the natural color of your eyes?	Light Blue, Gray or Green	Blue, Gray, or Green	Blue	Dark Brown	Brownish Black
	What is your natural hair color? (Prior to gray or white)	Sandy Red	Blond	Chestnut, Dark Blond	Dark Brown	Black
	What is the color of your unexposed skin? (stomach, thighs)	Reddish	Very Pale	Pale with Beige Tint	Light Brown, Olive	Dark Brown
	Do you have freckles on sun exposed areas? (lower arms, face)	Many	Several	Few	Incidental	None
	What happens when you stay in the sun too long?	Painful Redness, Blistering, Peeling	Blistering Followed by peeling	Burns sometimes followed by some Peeling	Rare Burns	Never Burns
	How easily do you turn brown or tan?	Hardly or Not at all	Light color Tan	Reasonable/moderate Tan	Tan Very Easily	Turn Dark Brown Quickly
	Do you turn brown or tan easily 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
	When did you last expose your skin to the sun? (tanning bed, use of self-tanning creams, or sun-bathing)	More than 3 Months ago	2-3 Months ago	1-2 Months ago	Less Than 1 Month ago	Less than 2 Weeks ago
	Do you intentionally expose the area to be treated to the sun?(tanning bed, use of self-tanning creams, or sun-bathing)	Never	Hardly Ever	Sometimes	Often	Always

Total Score: _____

Fitzpatrick Skin Type: _____

Score	Fitzpatrick Skin Type:
0-7	I (Always burns, Extremely pale and Never tans, Red or blonde hair, light colored eyes)
8-16	II (Pale but somewhat tans and burns fairly easily)
17-25	III (Sometimes burns, mostly tans, has more of an "Light Olive" complexion)
26-30	IV (Rarely burns, almost always tans, has "dark olive" complexion)
Over 30	V (Moderately pigmented (Indian, Hispanic, etc.)
	VI (African American)