

Face shape	oval	angular	round
Hand shape	rectangular	square	square and fleshy
Eyes	small, dark	deep-set, piercing	large and round
Physique	wiry, thin	moderate, muscular	voluptuous, solid
Hair	dry, thin, or kinky	fine, straight	thick, wavy, oily
Skin	tends toward dry	freckles, rosy, slightly oily	thick, smooth, cool, oily
Endurance	enthusiastic, but tires easily	moderate endurance	slow to warm up, but good endurance
Approach to learning	enthusiastic, many interests	goes narrow and deep into subjects, all or nothing	patient, sticks with plans long-term, very regular, but slow to motivate
Social instinct	independent	leader, outgoing	reliable, steady
Reaction to stress	anxious	angry, intense	reclusive, stubborn
Metabolism	hard to put on weight and muscle	loses weight easily, but can gain weight	puts weight on easily, slow to lose
Total			
	Vata	Pitta	Kapha

The column with the highest number provides a hint to your Prakruti, or true nature. You may complete the questions twice, once for your long-term patterns and once for current patterns.