

Name \_\_\_\_\_  
 Date \_\_\_\_\_

# Skin Assessment

## Genetic Disposition (circle best choice)

Score	0	1	2	3	4
Your eye color?	Light blue, Gray, green	Blue, gray or Green	Blue	Dark Brown	Brownish Black
Natural color of Your hair?	Sandy, red	Blond	Chestnut/Dark Blond	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 unexposed areas?	Many	Several	Few	Incidental	None

Total score for genetic disposition: \_\_\_\_\_

## Reaction to Sun Exposure

Score	0	1	2	3	4
What happens when you stay too long in the sun?	Painful redness, blistering, peeling	Blistering, followed by peeling	Burn some- times followed by peeling	Rarely burn	Never burn
To what degree do you turn brown?	Hardly or not at all	Light color tan	Reasonable tan	Tan very easily	Turn dark brown quickly
Do you turn brown within several hours of 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

Total score for reaction to sun exposure: \_\_\_\_\_

## Tanning Habits

Score	0	1	2	3	4
When did you last expose your body to sun or tanning booth/cream?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than 1 month ago	Less than 2 weeks ago
Did you expose the area to be treated to the sun?	Never	Hardly ever	Sometimes	Often	Always

Total score for tanning habits: \_\_\_\_\_

**Summary** \_\_\_\_\_ Total score for Genetic Disposition  
 \_\_\_\_\_ Total score for Reaction to Sun Exposure  
 \_\_\_\_\_ Total score for Tanning Habits  
 \_\_\_\_\_ **Skin type Score** (top 3 added)

## Your Fitzpatrick Skin Type

Skin Type Score	Fitzpatrick Skin Type
0-7	I
8-16	II
17-25	III
25-30	IV
Over 30	V-VI