

## Constitution (Prakruti) Evaluation

To be completed with your Coach during your first session. Please know that discovering your original constitution is not about judging or labeling. It gives us an idea of what balance and harmony can look like in your unique body, mind and spirit. Circle the response that best fits.

### PHYSICAL STRUCTURE

	VATA	PITTA	KAPHA
Body frame	Thin, ectomorphic	Muscular, mesomorphic	Stout, stocky, endomorph
Bones	Light, narrow bones and/or prominent joints	Moderate bone structure, medium	Heavy, thick
Body weight	Light or variable	Moderate, muscular	Can be overweight
Complexion/Skin	Dry, rough, cool, thin, gray	Rosy, ruddy, oily, moderate thickness	Thick, pale, moist, cool
Hair	Dry, course, curly, brittle	Fine, light in color, oily, early gray, baldness	Thick, oily, lustrous, wavy
Teeth	Irregular, crooked	Moderate, yellowish teeth	Regular, strong, white, healthy
Eyes	Small	Medium, deep-set, sharp, blue or green	Large, luxurious lashes
Nose	Narrow, small	Medium	Large, wide bridge
Lips	Thin, small, may look chapped	Medium	Thick, large
Chin	Thin, angular	Tapering, angular	Rounded, double
Neck	Thin, Long	Medium	Thick, short
Fingers & Palm	Thin, long, narrow	Medium, square	Thick, fleshy, short
Face	Oval, thinner	Angular	High, Round
TOTAL			



## PHYSICAL FUNCTION

	VATA	PITTA	KAPHA
Appetite	Variable, scanty, may have extremes	Good, strong	Steady, consistently low
Sweat/Body odor	Little, smell	Profuse, strong	Pleasant or sweet smell, profuse
Sleep	Light, interrupted or restless	Light to Moderate, can awaken & fall asleep easily	Difficult to wake up
Digestion/Elimination	Dry, hard, varies, tendency toward gas and constipation	Soft, sometimes loose or burning, 1-3 times per day	Regular, solid, sometimes sluggish
Temperature	Cold	Warm /Hot	Cool
Menses	Painful cramping, irregular cycle	Heavy flow, regular	Moderate flow, mild cramping
TOTAL			

## PSYCHOLOGICAL FUNCTION

### Text

	VATA	PITTA	KAPHA
Mind	Restless, always active, scared, timid	Adventurous, bold	Conservative, shy
Under stress	Anxious, variable	Focused and intense	Calm, stable, conservative
Speech	Rambling, quick	Can be argumentative Can be clear & concise	Steady, slow to change, Gentle
Memory	Quick to understand, quick to forget	Sharp	Slow to take notice but won't forget
Nature	Independent	Leader	Supporter
Moods	Adaptable, playful	Courageous, passionate	Loving, stable, calm
Negative emotions	Fear	Anger	Attachment
Focus	Trouble being focused	Detail-oriented	Big picture
Decision Making	Trouble making choices	Quick to decide	Slow to make decisions
TOTAL			

