



THE QUIZ

VATA DOSHA

These are some common traits found with the Vata Dosha. It can vary from one person to the next and is meant to be a guideline only. Check the characteristics that resonate with you and total at the bottom.

PHYSICAL TRAITS

- Slim Body
- Angular Face
- Small Eyes
- Dry or Dark Lips
- Big, Thin Gums
- Dry, Cold, Rough Skin
- Flat Chest
- Cracking Joints
- Brittle Nails
- Dark Hair

DISPOSITION

- Friendly
- Good Memory
- Highly Intelligent
- Anxious
- Speaks Quickly
- Financially Unsound
- Prefers Small Purchases
- Broken Sleep
- Changes Mind Easily
- Enjoys Social Settings

ACTIVITY

- Very Active
- Bored Easily
- Likes Change
- Dislikes Mundane
- High Energy
- Prefers Outdoors
- Enjoys New Activities
- Imaginative Mind
- Tends to Skip Meals
- Easily Distracted

OTHER

- Irregular Appetite
- Digestive Issues
- Prefers Sweet, Sour, Salty
- Changeable Thirst Levels
- Constipation Common
- Embraces New Projects
- Trouble Completing Projects
- Inconsistent Daily Routine
- Tends to be Cold
- Embraces Change



TOTAL: _____

PITTA DOSHA

These are some common traits found with the Pitta Dosha. It can vary from one person to the next and is meant to be a guideline only. Check the characteristics that resonate with you and total at the bottom.

PHYSICAL TRAITS

- Muscular Body
- Tapered Face
- Eyes Sensitive to Light
- Red Lips
- Medium, Tender Gums
- Warm, Oily Skin
- Moderate Chest
- Moderate Joints
- Flexible Nails
- Oily Hair

DISPOSITION

- Fiery
- Intense
- Creative
- Outcome Focused
- Direct
- Regimented
- Organized
- Ambitious
- Intellectual
- Passionate

ACTIVITY

- Purposeful
- Determined
- Enjoys Moderate Activity
- Enjoys Luxury
- Moderate Energy
- Likes Extreme Sports
- Competitive
- Creative Mind
- Prefers Work
- Focused

OTHER

- Solid Appetite
- Fast Digestion
- Prefers Sweet, Savory
- Very Thirsty
- Loose Stool
- Sees Projects to Completion
- Leaders
- Easy to Anger
- Sound, Short Sleep
- Fiery



TOTAL: _____

KAPHA DOSHA

These are some common traits found with the Kapha Dosha. It can vary from one person to the next and is meant to be a guideline only. Check the characteristics that resonate with you and total at the bottom.

PHYSICAL TRAITS

- Heavy Body Frame
- Round Face
- Large Eyes
- Pale Lips
- Healthy Gums
- Warm Skin
- Full Chest
- Smooth, Large Joints
- Thick Nails
- Thick Hair

DISPOSITION

- Calm
- Patient
- Consistent
- Romantic
- Steady
- Greedy, Attached
- Slow
- Sluggish
- Dependable
- Hard to Motivate

ACTIVITY

- Inactive
- Entertains Well
- Dislikes Change
- Likes Routine
- Slow Energy
- Prefers Indoors
- Hesitant Towards New
- Self-Entertains Well
- Enjoys Nature
- Likes Quiet Activities

OTHER

- Slow but Steady Appetite
- Detail-Oriented
- Prefers Bitter, Savory
- Not Very Thirsty
- Slow Digestion
- Slow Stool Elimination
- Enjoys Eating
- Resists Change
- Loving
- Financially Responsible



TOTAL: _____

YOUR RESULTS

Total the circled traits and tally below. Remember to take the quiz in the different phases of your life.

VATA TOTAL _____

ELEMENTS: AIR

Our Vata friends keep things lights and enjoy different things. They can benefit from spending time with grounding people. They bore easily, and do best with variety. When in balance, tend to be creative, when out of balance, prone to anxiety.

PITTA TOTAL _____

ELEMENTS: FIRE

Our ambitious Pitta friends make for great leaders. They are purposeful in their movements. They are loyal and determined, but can quickly become over-worked. When in balance, they tend to be warm and natural leaders, when out of balance, prone to aggression.

KAPHA TOTAL _____

ELEMENTS: EARTH

Our Kapha friends are pillars of the community. They can always be counted on. Slow to start, steady wins the race for our Kapha friends. They enjoy puzzles and simple things in life. When in balance, tend to be loving and nurturing, when out of balance, lethargic.

ABOUT

Each of us carry all three of the constitutions. Our doshas are largely impacted by our diet, the company we keep and daily activity. Eating foods that help balance the dosha, will result in an enhanced life for the the respective in-balance traits. This quiz is meant to be a tool of self-study only.





THE WORKBOOK

WORKSHEET

Submit your work on the worksheet below. Submit your assignments via the Drop-box link. Be sure to include your name in the file. Try to present each assignment in four easy steps. Additional pages may be used.

STEP ONE

STEP TWO

STEP THREE

STEP FOUR



WORKSHEET

Submit your work on the worksheet below. Submit your assignments via the Drop-box link. Be sure to include your name in the file. Expand on your ideas on this page.



