The Fitzpatrick skin phototype is a commonly used system to describe a person’s skin type in terms of response to ultraviolet radiation (UVR) exposure. \*\*Please star your answers\*\*

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Genetic (physical traits) **Score:** genetic + sensitivity + intentional exposure = skin type \_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Characteristics** | **0** | **1** | **2** | **3** | **4** |
| What are the color of your eyes?  | Light blue or green, grey  | Blue, green, grey  | Dark blue or green, light brown (hazel)  | Dark brown  | Brownish black  |
| What is the color of your hair (naturally and before aging)?  | Red  | Blonde  | Chestnut or dark blonde  | Dark brown  | Black  |
| What is the color of your skin (unexposed areas)?  | Pink  | Very pale  | Light brown or olive  | Brown  | Dark brown  |
| Do you have freckles on unexposed areas?  | Many  | Several  | Few  | Rare  | None  |

 **Score:\_\_\_\_\_\_\_\_**

Sensitivity (reaction to sun exposure)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exposure** | **0** | **1** | **2** | **3** | **4** |
| What happens to you skin if you stay in the sun for an extended period?  | Severe burns, blistering, peeling  | Moderate burns, blistering, peeling  | Burns sometimes followed by peeling  | Rare burns  | No burns |
| Do you turn brown after sun exposure?  | Never  | Rarely  | Sometimes  | Often  | Always  |
| How brown do you get?  | Hardly or not at all  | Light tan  | Medium tan  | Dark tan  | Very dark tan  |
| Is your face sensitive to the sun?  | Very sensitive  | Sensitive  | Mildly sensitive  | Resistant  | Very resistant  |

 Score:\_\_\_\_\_\_\_\_\_

Intentional exposure (tanning habits)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Characteristics** | **0** | **1** | **2** | **3** | **4** |
| How often to you tan?  | Never  | Rarely  | Sometimes  | Often  | Always  |
| When did you last expose your skin to the sun or artificial tanning sources (tanning beds)?  | More than three months ago  | In the last 2–3 months  | In the last 1–2 months  | In the last week  | In the last day  |

 **Score:\_\_\_\_\_\_\_\_\_\_\_**