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