



Body Type Quiz

From *The 3-Season Diet* by John Douillard, DC

Child's Name: _____ Date: _____

Parent/Guardian Name: _____

Complete on a Computer

1. Save this form to your computer.
2. For each category, check the boxes next to the options that best describe your child recently – within the past few weeks.
3. Read across the page from left to right. For example, for the category 'Mental activity' – check 'quick mind, restless'.
4. If you feel your child can equally relate to more than one of the descriptions, check all that apply.
5. After finishing a profile, **the form will automatically tally up** your choices.
6. After finishing the profiles, **the form will have automatically populated the profile totals** for the Totals Chart on page 4.
7. Note the column where your child has the most points and then find the corresponding Body Type. You can read about the different Body Type on the last page of this questionnaire.

Complete Handwritten

1. Print out this form.
2. For each category, check the boxes next to the options that best describe your child recently – within the past few weeks.
3. Read across the page from left to right. For example, for the category 'Mental activity' - check 'quick mind, restless'.
4. If you feel your child can equally relate to more than one of the descriptions, check all that apply.
5. After finishing a profile, for each column, **tally up how many descriptions you checked**. This number goes into the Subtotal row at the bottom of each profile.
6. After finishing the profiles, please **record your profile totals for the Totals Chart** on page 4.
7. Note the column your child has the most points and then find the corresponding Body Type. You can read about the different Body Type on the last page of this questionnaire.

MENTAL PROFILE			
Category	WINTER / VATA	SUMMER / PITTA	SPRING / KAPHA
Mental activity	Quick mind, restless	Sharp intellect, aggressive	Calm, steady, stable
Memory	Short-term best	Good general memory	Long-term best
Thoughts	Constantly changing	Fairly steady	Steady, stable, fixed
Concentration	Short-term focus best	Better than average mental concentration	Good ability for long-term focus
Ability to learn	Quick grasp of learning	Medium to moderate grasp	Slow to learn new things
Dreams	Fearful, flying, running, jumping	Angry, fiery, violent, adventurous	Include water, clouds, relationships, romance
Sleep	Interrupted, light	Sound, medium	Sound, heavy, long
Speech	Fast, sometimes missing words	Fast, sharp, clear-cut	Slow, clear, sweet
Voice	High pitch	Medium pitch	Low pitch
Mental subtotal:	_____	_____	_____

BEHAVIORAL PROFILE			
Category	WINTER / VATA	SUMMER / PITTA	SPRING / KAPHA
Eating speed	Quick	Medium	Slow
Hunger level	Irregular	Sharp, needs food when hungry	Can easily miss meals
Food and drink	Prefers warm	Prefers cold	Prefers dry and warm
Achieving goals	Easily distracted	Focused and driven	Slow and steady
Giving/sharing	Gives small amounts	Gives nothing, or large amounts infrequently	Gives regularly and generously
Works best	While supervised	Alone	In groups
Weather preference	Aversion to cold	Aversion to heat	Aversion to damp, cool
Reaction to stress	Excites quickly	Medium	Slow to get excited
Piggy Bank	Doesn't save, spends quickly	Saves, but big spender	Saves regularly, accumulates wealth
Friendships	Tends toward short-term friendships, makes friends quickly	Tends to be a loner, friends related to school	Tends to form long-lasting friendships
Behavioral subtotal:	_____	_____	_____

EMOTIONAL PROFILE			
Category	WINTER / VATA	SUMMER / PITTA	SPRING / KAPHA
Moods	Change quickly	Change slowly	Steady, unchanging
Reacts to stress with	Fear	Anger	Indifference
More sensitive to	Own feelings	Not sensitive	Others' feelings
When threatened, tends to	Run	Fight	Make peace
Relationship with parents	Clingy	Jealous	Secure
Expresses affection	With words	With gifts or actions	With touch
When feeling hurt	Cries	Argues	Withdraws
Emotional trauma causes	Anxiety	Denial	Depression
Confidence level	Timid	Outwardly self-confident	Inner confidence
Emotional subtotal:	_____	_____	_____

PHYSICAL PROFILE			
	WINTER / VATA	SUMMER / PITTA	SPRING / KAPHA
Amount of hair	Thin (more coarse)	Thin-Average (more curly)	Thick
Hair type	Dry	Normal	Oily
Hair color	Light brown, blonde	Red, auburn	Dark brown, black
Skin	Dry, rough, or both	Soft, normal to oily	Oily, moist, cool
Skin temperature	Cold hands/feet	Warm	Cool
Complexion	Darker	Pink-red	Pale-white
Eyes	Small	Medium	Large
Whites of eyes	Blue/brown	Yellow or red	Glossy white
Size of teeth	Very large or very small	Small-medium	Medium-large
Weight	Thin, hard to gain	Medium	Heavy, gains easily
Elimination	Dry, hard, thin, easily constipated	Many during day, soft to normal	Heavy, slow, thick, regular
Physical subtotal:	_____	_____	_____

FITNESS PROFILE			
	WINTER / VATA	SUMMER / PITTA	SPRING / KAPHA
Exercise tolerance	Low	Medium	High
Endurance	Fair	Good	Excellent
Strength	Fair	Better than average	Excellent
Speed	Very good	Good	Not so fast
Competition	Doesn't like competitive pressure	Driven competitor	Deals easily with competitive pressure
Walking speed	Fast	Average	Slow and steady
Muscle tone	Lean, low body fat	Medium, with good definition	Brawny/bulky, with higher fat percentage
Runs like	Deer	Tiger	Bear
Body size	Small frame, lean or long	Medium frame	Large frame, fleshy
Reaction time	Quick	Average	Slow
Fitness subtotal:	_____	_____	_____

Child's Name: _____ Date: _____

Parent's/Guardian's Name: _____

TOTALS			
Your Primary Body Type is the column you scored highest in.			
Profile	WINTER / VATA	SUMMER / PITTA	SPRING / KAPHA
Behavioral			
Mental			
Emotional			
Physical			
Fitness			
<u>TOTAL:</u>	_____	_____	_____



FOR YOUR USE AND REFERENCE

John Douillard's AYURVEDIC BODY TYPE SUMMARY

	Vata- Winter	Pitta- Summer	Kapha- Spring
Governs	Nervous System	Digestion	Structure
Season	Winter	Summer	Spring
Time of Day	2:00-6:00 a.m.: Wake Up 2:00-6:00 p.m.: Think	10:00 am - 2:00pm: Digest 10:00pm - 2:00am: Cleanse	6:00-10:00 a.m. : Exercise 6:00-10:00 p.m.: Sleep
Taste/Qualities <i>Aggravating</i>	Pungent, Bitter, Astringent/ Light, Cold, Dry	Pungent, Sour, Salty/ Hot, Light, Dry	Sweet, Sour, Salty/ Heavy, Oily, Cold
Taste/Qualities <i>Balancing</i>	Sweet, Sour, Salty/ Heavy, Oily, Hot	Sweet, Bitter, Astringent/ Cold, Heavy, Oily	Pungent, Bitter, Astringent/ Light, Dry, Hot
Beneficial Oils	Sesame, Almond, Apricot	Sesame, Coconut, Sunflower	Sesame, Olive

WINTER- VATA: Air

Vata is the most important of the three doshas. If left unbalanced it causes Pitta and Kapha to become imbalanced. Vata is the main driver or mover of the body, providing these functions:

- All elimination's: fetus, semen, feces, urine, and sweat.
- Assists with metabolisms in the body (Agni), transformation of tissues.
- Controls movement in body (mental and physical) such as respiration, heartbeat, motivation, contraction of muscles, and natural urges.
- Relays all sensory input to the brain, motor functions.
- Governs nervous system.

SUMMER- PITTA: Fire

Wherever there is transformation, there is Pitta. Pitta provides the following functions:

- Metabolism, from digestion of food to transformation of all other material.
- Thermogenesis – maintains the proper body temperature.
- Vision.
- Comprehension of information into knowledge / reasoning and judgment.
- Complexion – gives color and softness to skin.

SPRING- KAPHA: Earth, Water

Kapha is the heaviest of the three doshas. It provides the structures and the lubrication that the body needs. Kapha provides the following functions:

- Strength and energy.
- Moistness & Lubrication.
- Stability to add the necessary grounding aspect to both mind and body.
- Mass and structure to provide fullness to bodily tissues.
- Fertility & Virility.