

In the following charts, make a check mark next to each of the qualities that describe you at this time. At the end, add up the number of qualities from each category to determine which elements are most prominent right now. You can also try this several times, using a different color or mark for each, answering based on:

- The course of your life
- The past year
- The past month
- The past week
- Today

Vata – Air and Space

Because vata is dominated by air and space, people with a strong vata constitution may be referred to as “spacey” or indecisive. The word “changeable” is a good description of the vata-type person, as they have irregular patterns in sleeping, eating and digestion. Vatas tend to be creative. They also walk fast and talk fast. Physically, they tend to have a thin, bony frame. Much of the work of balancing vata is slowing down, connecting to the earth, and resting often. Heavy, oily, moist and dense foods like avocados, nuts and seeds and cooked vegetables are best for vatas. Light and dry foods, such as crackers, rice cakes, and dry cereals may bring vata even further out of balance.

	In Balance	Out of Balance
Mental	<input type="checkbox"/> Excited <input type="checkbox"/> Creative, artistic <input type="checkbox"/> Imaginative <input type="checkbox"/> Alert, clear-minded <input type="checkbox"/> Spontaneous <input type="checkbox"/> Mentally flexible <input type="checkbox"/> Grasp new ideas quickly <input type="checkbox"/> Quick <input type="checkbox"/> Enjoys plays, stories, jokes; funny	<input type="checkbox"/> Light sleeper <input type="checkbox"/> Tires easily <input type="checkbox"/> Erratic speech <input type="checkbox"/> Fast talking <input type="checkbox"/> Thinking too much <input type="checkbox"/> “Spacey” <input type="checkbox"/> Disorganized <input type="checkbox"/> Poor memory <input type="checkbox"/> Indecisive <input type="checkbox"/> Quickly changing thoughts
Emotional	<input type="checkbox"/> Adaptable <input type="checkbox"/> Very perceptive <input type="checkbox"/> Compassionate <input type="checkbox"/> Aware of subtle energies <input type="checkbox"/> Joyful, happy	<input type="checkbox"/> Fear, anxiety, worry <input type="checkbox"/> Depression <input type="checkbox"/> Easily hurt <input type="checkbox"/> Judgmental <input type="checkbox"/> Moody <input type="checkbox"/> Impatient
Physical	<input type="checkbox"/> Thin frame <input type="checkbox"/> Tall or short <input type="checkbox"/> Small eyes, often dark <input type="checkbox"/> Thin, small nose <input type="checkbox"/> Coarse or thin hair <input type="checkbox"/> Long neck <input type="checkbox"/> Prominent veins <input type="checkbox"/> Small teeth and gums <input type="checkbox"/> Enjoys vigorous exercise <input type="checkbox"/> Walks quickly	<input type="checkbox"/> Underweight <input type="checkbox"/> Dry hair/nails/skin <input type="checkbox"/> Dry constipation <input type="checkbox"/> Variable appetite <input type="checkbox"/> Weak stomach <input type="checkbox"/> Restless, can’t sit still <input type="checkbox"/> Cold hands/feet <input type="checkbox"/> Insomnia <input type="checkbox"/> Easily fatigued <input type="checkbox"/> Low back ache

	<input type="checkbox"/> Irregular hunger and digestion	<input type="checkbox"/> Gas, bloating
Spiritual	<input type="checkbox"/> Very spiritual <input type="checkbox"/> Intuitive, clairvoyant <input type="checkbox"/> Many dreams	<input type="checkbox"/> Variable faith <input type="checkbox"/> Feels ungrounded
Relationships	<input type="checkbox"/> Out-going, social <input type="checkbox"/> Many casual relationships <input type="checkbox"/> Strong communicator <input type="checkbox"/> Charismatic	<input type="checkbox"/> Shy and introverted <input type="checkbox"/> Poor self esteem <input type="checkbox"/> Interrupts <input type="checkbox"/> Zones-out on conversation <input type="checkbox"/> Insecure <input type="checkbox"/> Fear of commitment
Vata totals:		

Pitta – Fire and Water

The pitta-type person is often described as intense. Pitta's fire shows up as passion and motivation, but can quickly turn into over-working or perfectionism. They are natural leaders and can be very organized. However, out of balance, pitta can become controlling or overly competitive. Physically, pitta is hot, with a medium build and often very athletic. The work of balancing pitta involves cooling down, taking vacations and taking time to play more. Cooling foods balance pitta, such as cilantro and cucumber, while spicy-hot foods may exacerbate pitta.

	In Balance	Out of Balance
Mental	<input type="checkbox"/> Highly intelligent <input type="checkbox"/> Ambitious <input type="checkbox"/> Organized, great planner <input type="checkbox"/> Sharp memory <input type="checkbox"/> Logical <input type="checkbox"/> Problem solver <input type="checkbox"/> Very orderly <input type="checkbox"/> Inventive <input type="checkbox"/> Goal-oriented <input type="checkbox"/> Decisive	<input type="checkbox"/> Loud <input type="checkbox"/> Egotistical <input type="checkbox"/> Workaholic <input type="checkbox"/> Create problems that don't exist <input type="checkbox"/> Over active mind
Emotional	<input type="checkbox"/> Joyful <input type="checkbox"/> Observant of others' emotions <input type="checkbox"/> Adventurous <input type="checkbox"/> Passionate	<input type="checkbox"/> Angry, irritable <input type="checkbox"/> Demeaning <input type="checkbox"/> Perfectionistic <input type="checkbox"/> Competitive to a fault <input type="checkbox"/> Suppresses emotions <input type="checkbox"/> Fear of failure <input type="checkbox"/> Reckless
Physical	<input type="checkbox"/> Medium build <input type="checkbox"/> Medium height <input type="checkbox"/> Thin, pointed nose <input type="checkbox"/> Eyes medium sized, penetrating <input type="checkbox"/> Strong appetite <input type="checkbox"/> Walks with determination <input type="checkbox"/> Sharp, direct speech	<input type="checkbox"/> Acne, rashes <input type="checkbox"/> Diarrhea <input type="checkbox"/> Profuse perspiration <input type="checkbox"/> Strong body odor <input type="checkbox"/> Inflammation <input type="checkbox"/> Indigestion, ulcers <input type="checkbox"/> Easily over heated

	<input type="checkbox"/> Freckles, moles <input type="checkbox"/> Reddish or brown hair <input type="checkbox"/> Sound sleeper <input type="checkbox"/> High body temperature	
Spiritual	<input type="checkbox"/> Intensely spiritual <input type="checkbox"/> Determined <input type="checkbox"/> Leader <input type="checkbox"/> Appreciates beauty	<input type="checkbox"/> Extremist <input type="checkbox"/> Materialistic <input type="checkbox"/> Cynical <input type="checkbox"/> Desires power
Relationships	<input type="checkbox"/> Charismatic <input type="checkbox"/> Natural leader <input type="checkbox"/> Confident <input type="checkbox"/> Mostly work/business relationships <input type="checkbox"/> Helpful <input type="checkbox"/> Kind	<input type="checkbox"/> Controlling <input type="checkbox"/> Overly extroverted <input type="checkbox"/> Aggressive <input type="checkbox"/> Manipulative <input type="checkbox"/> Stubborn <input type="checkbox"/> Jealous <input type="checkbox"/> Critical/judgmental <input type="checkbox"/> Compare self & others
Pitta totals:		

Kapha – Earth and Water

Kapha's earth and water translates into a slow and steady pace, reliability, dependability and a calm demeanor. Kaphas are truly "like the water" – they let things roll off their backs and "go with the flow." They have the most stamina and strongest memory of all of the mind-body types. Physically, they tend to have a heavier frame with big bones and tend toward weight gain (although all body types can become overweight when imbalanced). When out of balance, Kaphas may become lethargic, depressed or possessive. The work of balancing Kapha involves getting plenty of physical activity and varying the routine. Kaphas do best with foods that are light, such as plenty of vegetables and lower fat foods, while avoiding foods that are too heavy or mucus-producing, such as heavy animal protein, wheat, dairy and sugars.

	In Balance	Out of Balance
Mental	<input type="checkbox"/> Calm, steady <input type="checkbox"/> Excellent memory <input type="checkbox"/> Very present <input type="checkbox"/> Clear thinking <input type="checkbox"/> Completes projects <input type="checkbox"/> Methodical	<input type="checkbox"/> Lethargic <input type="checkbox"/> Over sleeping <input type="checkbox"/> Overly passive <input type="checkbox"/> Slow to understand things <input type="checkbox"/> Stuck in routine
Emotional	<input type="checkbox"/> Very stable <input type="checkbox"/> Slow to change <input type="checkbox"/> Considerate <input type="checkbox"/> Sentimental <input type="checkbox"/> Good natured	<input type="checkbox"/> Unable to express self <input type="checkbox"/> Depression <input type="checkbox"/> Addictions <input type="checkbox"/> "Stuck in a rut" <input type="checkbox"/> Over sensitivity
Physical	<input type="checkbox"/> Broad frame <input type="checkbox"/> Strong <input type="checkbox"/> Well proportioned <input type="checkbox"/> Thick hair, often dark, wavy or curly	<input type="checkbox"/> Obese or overweight <input type="checkbox"/> Gives up easily <input type="checkbox"/> Slow digestion <input type="checkbox"/> Slow metabolism <input type="checkbox"/> Oily skin

	<input type="checkbox"/> Smooth, lustrous skin <input type="checkbox"/> Large, thick nose <input type="checkbox"/> Large doe-like eyes <input type="checkbox"/> Melodious voice <input type="checkbox"/> Moderate appetite <input type="checkbox"/> Great stamina <input type="checkbox"/> Deep sleeper <input type="checkbox"/> Graceful	<input type="checkbox"/> Water retention <input type="checkbox"/> Congestion, mucus <input type="checkbox"/> Sinus infection <input type="checkbox"/> Aversion toward exercise <input type="checkbox"/> Laziness
Spiritual	<input type="checkbox"/> Satisfied with life <input type="checkbox"/> Deep, abiding faith <input type="checkbox"/> Conservative	<input type="checkbox"/> Greedy <input type="checkbox"/> Possessive <input type="checkbox"/> Fear of letting go <input type="checkbox"/> Complacent
Relationships	<input type="checkbox"/> Patient, loving <input type="checkbox"/> Forgiving <input type="checkbox"/> Slow speech, few words <input type="checkbox"/> Desire to help others <input type="checkbox"/> Loyal, attached <input type="checkbox"/> Nurturing <input type="checkbox"/> Accepting <input type="checkbox"/> Romantic <input type="checkbox"/> Community oriented <input type="checkbox"/> Long, deep relationships <input type="checkbox"/> Good listener	<input type="checkbox"/> Jealous <input type="checkbox"/> Unable to say no <input type="checkbox"/> Easily taken advantage of <input type="checkbox"/> Take on other's problems <input type="checkbox"/> Introverted <input type="checkbox"/> Difficulty letting go
Kapha Totals:		

Vata total: _____

Pitta total: _____

Kapha total: _____