CATEGORY					✓ PRACTITIONER USE ONLY
Skin	When I have rashes, they tend to be dry and itchy. Blemishes are usually harkheads.		When I have rashes, they tend to be red and burning,	When I have rashes, they tend to be wet and oozing. Blemishes are usually white pimples.	
Sleep	I tend to sleep lightly and awaken very easily. It can be difficult for me to go to sleep.		I tend to sleep soundly and awaken with ease.	My sleep tends to be deep and long. It can be difficult for me to awaken in the morning.	
Mental & Em	Mental & Emotional Patterns				
Stress	Under stress I often become worried or overwhelmed.		Under stress I often become irritable, but usually rise to the challenge.	Under stress, I often withdraw to observe or become reclusive.	
Decision Making	I am changeable and often have difficulty making decisions.		I make decisions easily, but can change my mind with new information.	I am careful but easy-going about decisions.	
Projects	I like to start projects, but at times have difficulty finishing them.		I like to start and finish projects. Completion is important to me.	I like working on a project, but prefer to let others start them.	
For Women C	Only				
	Is there a possibility you are pregnant? Are you menopausal? Thes If menopausal, please answer below ac	egnant? s	Is there a possibility you are pregnant? Yes No Possible Are you menopausal? Yes No If yes, date of last period: If menopausal, please answer below according to your past menstrual patters.	I experience PMS: Often Sometimes	
	My menstrual cycle is irregular. It comes every to days and lasts days.		My menstrual cycle is regular. It comes every to days, and lasts days.	Cramps Bloating Headache Weight gain Irritable Breast Tenderness	
	My menstrual flow is often light, but may vary		My menstrual flow is medium heavy, and is usually consistent.	My menstrual flow is heavy and is very consistent.	
	I often have sever, cramping pain during menses.		I sometimes have mild pain during menses.	I rarely have pain during menses.	
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Ayurvedic History

For each category please identify your tendency over time by placing an "X" in the box that is most appropriate for you. If you are unsure or would like to speak to your practitioner about this please check ($\sqrt{}$) in the column to the right.

My hunger level is variable and I have a strong appetite and without caring with no and often forget to eat. If I miss a meal, I often get light-headed, anxious or cranky If I miss a meal, I often get light-headed, anxious or cranky If I miss a meal, I often get light-headed, anxious or cranky If I miss a meal, I often get light-headed, anxious or cranky If I miss a meal, I often get light-headed, anxious or cranky If I miss a meal, I often get light-headed, anxious or cranky If I miss a meal, I often get light-headed, anxious or cranky If I miss a meal, I often get light-headed, anxious or life meals. If I miss a meal, I often get life meals are light-headed, anxious or life and possibly but can go without often forget to eat. I prefer to eat 3 meals a day I prefer to eat 5 to 3 times I prefer to eat 6 meals in the conditions, but tend to feel light predictions and often feels damp or olly. In prefer to eat 1 to 3 times a meal, it doesn't I prefer to eat 3 meals a day I prefer to eat 6 meals and beauty I prefer to eat 6 meals and ease. I prefer to eat 1 to 3 times I prefer to eat 2 to 3 times I prefer to eat 6 to			K Prakruti:		#	P Prakruti:	V Prakruit:	
My hunger level is variable and I have a strong appetite and without eating with no and I often forget to eat. If I miss a meal, I often get light-headed, anxious or cranky I I prefer to eat 3 meal, I often get with no set schedule, but I at about the same time each often forget to eat. After eating, I often get light-headed, anxious or cranky I I prefer to eat 3 meal, I often get light-headed, anxious or light-he							actitioner Use Only:	Below for Pra
My hunger level is variable and I have a strong appetite and without eath ut I can go without eath often forget to eat. If I miss a meal, I often get light-headed, anxious or cranky I prefer to eat frequently with no set schedule, but I light-headed, anxious or riritable or angry. I prefer to eat a meal, I often get light-headed, anxious or light-headed, light-headed, light-headed, light-he			s thick, smooth and Is damp or oily.	My skin i often fee		My skin flushes easily and has a reddish or yellowish shade.	My skin tends to be dry. When very dry it tends to feel rough.	Skin
My hunger level is variable and I fave a strong appetite and without eating with no and I often forget to eat. If I miss a meal, I often get light-headed, anxious or cranky I prefer to eat 3 meals, I often get often forget to eat. I prefer to eat 3 meals a day with no set schedule, but I light-headed, anxious or light often get often forget to eat. After eating, I often get light-headed, anxious or light light-headed, anxious or light-headed, light-headed, light-headed, light-headed, light-headed, light-headed, light-headed, l			asily to most s, but tend to feel	I adapt e condition cold.		I am warm most of the time no matter what the climate is.	My hands and feet often feel cold and I prefer warmer climates.	Body Temperature
My hunger level is variable and I lave a strong appetite and and I often forget to eat. If I miss a meal, I often get light-headed, anxious or cranky I prefer to eat frequently with no set schedule, but I often forget to eat. After eating, I often experience gas or bloating. I tend to have irregular bowel movements are often dry and hard. At times I may strain to push. My bowel movements are often dry and hard. At times I may strain to push. I like to eat but I can go without and on't like to miss meals. I I like to eat but I can go without eating with no like to miss meals. If I miss a meal, I doesn't really bother me. If I miss a meal, I toften get of list on the same time each and and like to eat 2 to 3 times daily, but can go without eating. I prefer to eat 2 to 3 times daily, but can go without eating.			ight easily and lose	I gain we it slowly.		When I gain weight, it is fairly easy to lose it.	I usually don't gain weight very easily.	Weight
My hunger level is variable and I have a strong appetite and and I often forget to eat. If I miss a meal, I often get light-headed, anxious or cranky I prefer to eat frequently with no set schedule, but I day. I rarely skip meals. After eating, I often experience gas or bloating. I tend to have irregular bowel movements one time per day or less. I like to eat but I can go without eating with no discomfort. I like to eat but I can go without eating with no discomfort. If I miss a meal, I often get irritable or angry. I prefer to eat 3 meals a day at about the same time each daily, but can go without eating. After eating, I often experience heartburn or experience heartburn or acidity. I tend to have I to 2 bowel movement per day with no with regularity and ease. I tend to have one bowel movement per day with no with regularity and ease.			movements are ell-formed, slow	My bowel usually w and easy		My bowel movements are usually well-formed, but sometimes they are loose and may burn.	My bowel movements are often dry and hard. At times I may strain to push.	Elimination
My hunger level is variable and I have a strong appetite and and I often forget to eat. If I miss a meal, I often get light-headed, anxious or cranky I prefer to eat frequently with no set schedule, but I at about the same time each often forget to eat. After eating, I often experience gas or bloating. I have a strong appetite and don't like to eat but I can go without eating with no discomfort. If I miss a meal, I often get irritable or angry. I prefer to eat 3 meals a day at about the same time each daily, but can go without eating. After eating, I often experience heartburn or experience heartburn or heavy or sleep.			have one bowel It per day with no or difficulty.	I tend to movemer straining		I tend to have 1 to 2 bowel movements daily, usually with regularity and ease.	I tend to have irregular bowel movements one time per day or less.	Elimination
My hunger level is variable and I often forget to eat. If I miss a meal, I often get light-headed, anxious or cranky I prefer to eat frequently with no set schedule, but I at about the same time each often forget to eat. I have a strong appetite and without eating with no discomfort. I like to eat but I can go without eating with no discomfort. If I miss a meal, I often get irritable or angry. I prefer to eat 3 meals a day at about the same time each daily, but can go without day. I rarely skip meals.			ng, I often feel	After eating heavy or		After eating, I often experience heartburn or acidity.	After eating, I often experience gas or bloating.	Digestion
My hunger level is variable and I often forget to eat. If I miss a meal, I often get light-headed, anxious or cranky I have a strong appetite and confort. I have a strong appetite and confort without eating with no discomfort. If I miss a meal, I often get irritable or angry. If I miss a meal, it doesn't really bother me.			go without	I prefer to daily, but eating.		I prefer to eat 3 meals a day at about the same time each day. I rarely skip meals.	I prefer to eat frequently with no set schedule, but I often forget to eat.	Appetite
My hunger level is variable and I often forget to eat. I have a strong appetite and without eating with no discomfort.			neal, it doesn't	If I miss a really botl		If I miss a meal, I often get irritable or angry.	If I miss a meal, I often get light-headed, anxious or cranky	Appetite
			at but I can go ating with no t.	I like to ea without ea discomfor		I have a strong appetite and don't like to miss meals.	My hunger level is variable and I often forget to eat.	Appetite
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