



Fitzpatrick Skin Typing Worksheet

Name:

Date:

Score		0	1	2	3	4
	What is the natural color of your eyes?	Light blue, gray, or green	Blue, gray, green	Blue	Dark brown	Brownish black
	What is your natural hair color? (Prior to gray or white)	Red	Blonde	Chestnut, dark blonde	Dark brown	Black
	What is the color of your unexposed skin? (Stomach, thighs)	Reddish	Very pale	Pale with beige tint	Light brown, olive	Dark brown
	Do you have freckles on sun exposed areas?	Many	Several	Few	Rare	None
	What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering followed by peeling	Burns sometimes followed by some peeling	Rare burns	Never burns
	How easily do you turn brown or tan?	Hardly/not at all	Light color tan	Moderate tan	Tan very easily	Turn dark brown quickly
	Do you turn brown or tan easily after several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always
	How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem
	When did you last expose your skin to the sun? (tanning bed, use of self-tanning creams, or sun-bathing)	More than 3 months ago	2-3 months ago	1-2 months ago	Less than 1 month ago	Less than 2 weeks ago
	Do you intentionally expose the area to be treated to the sun?	Never	Hardly Ever	Sometimes	Often	Always

Total score:

Fitzpatrick skin type:

Score	Fitzpatrick Skin Type
0-7	I – always burns, extremely pale, never tans, red/blonde hair, light colored eyes
8-16	II – pale but somewhat tans, burns fairly easily
17-25	III – sometimes burns, mostly tans, “light olive” complexion
26-30	IV – rarely burns, almost always tans, “dark olive” typical Mediterranean skin
>30	V – moderately pigmented (Indian, Hispanic, etc) VI – African American