

SKINCYCLE

for all of your skin cycles

| Total Score | Fitzpatrick Type |
|-------------|------------------|
| 0-7 | I |
| 8-16 | II |
| 17-25 | III |
| 25-30 | IV |
| Over 30 | V-VI |

Fitzpatrick Scoring Test

| Genetic Disposition Score | 0 | 1 | 2 | 3 | 4 |
|---|-------------------------|---------------------|----------------------|-------------|----------------|
| What is the color of your eyes? | Light Blue, Gray, Green | Blue, Gray or Green | Blue | Dark Brown | Brownish Black |
| What is the natural color of your hair? | Sandy Red | Blonde | Chestnut/Dark Blonde | Dark Brown | Black |
| What is the color of your skin? (non-exposed areas) | Reddish | Very Pale | Pale with Beige tint | Light Brown | Dark Brown |
| Do you have freckles on your unexposed areas? | Many | Several | Few | Incidental | None |

Total Score for Genetic Disposition: _____

| Reaction to Sun Exposure Score | 0 | 1 | 2 | 3 | 4 |
|--|--------------------------------------|--------------------------------|---------------------------------|-----------------|-------------------------|
| What happens when you stay in the sun too long? | Painful redness, blistering, peeling | Blistering followed by peeling | Some burns, followed by peeling | Rarely burns | Never Burns |
| To what degree do you turn brown/tan? | Hardly or not at all | Light color tan | Reasonable tan | Tan very easily | Turn dark brown quickly |
| Do you turn brown within 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 |

Total Score for Reaction to Sun Exposure: _____

| Tanning Habits Score | 0 | 1 | 2 | 3 | 4 |
|--|-------------------|----------------|----------------|-----------------------|-----------------------|
| When did you last expose your body to sun (or artificial sunlamp/tanning spray)? | Over 3 months ago | 2-3 months ago | 1-2 months ago | Less than a month ago | Less than 2 weeks ago |
| Do you expose the area to be treated to the sun? | Never | Hardly Ever | Sometimes | Often | Always |

Total Score for Tanning Habits: _____