

Whole Body Living ~ For Vibrant Health

10 week personal health revolution

Stephanie Calhoun, BA, RMT, E-RYT, AP www.wholebodyliving.org

Who are you? ~ Please avoid the temptation to evaluate yourself based on how you would like to be rather than how you actually are. If in any category there have been great changes at various times in your life, please select “vata” as your answer even if the vata description in that category does not accurately describe you as you are today. Please do your best to answer the quiz based on how you have been throughout your whole life. If you answer based on how you are today or have been recently, you may be answering based on your imbalance, and it will not yield an accurate result.

Physical Makeup	Vata	Pitta	Kapha
Body Frame	Thin and unusually tall or short	Medium body	Stout, stocky or large/broad body
Bones	Light, small bones and/or prominent joints	Medium bone structure	Heavy/dense bone structure
Body Weight	Low	Moderate	Can be overweight
Skin	Dry, rough, cool	Soft, oily, warm	Thick, oily, cool, pale, glistening
Hair	Dry, brown, black, coarse, curly, brittle	Soft, fine, often straight, oily, early grey, baldness	Thick, oily, lustrous, wavy
Teeth	Irregular, protruded, crooked, thin gums	Moderate, yellowish teeth, soft gums	Regular, strong, white, healthy
Eyes	Small, brown black, iris: grey, violet, slate blue	Medium, sharp, penetrating hazel green, light or electric blue	Big, blue or brown iris, thick eyelashes, calm eyes
Lips	Thin, small, dry	Medium, soft, red	Thick, large, smooth
Chin	Thin, angular	Tapering	Rounded, double
Neck	Thin, tall	Medium	Big, folded
Fingers	Thin, long, tapering	Medium	Thick, broad, short
Endurance	Fair	Good	High
Score			

Physical Functions	Vata	Pitta	Kapha
Appetite	Variable, scanty	Good, excessive	Steady, constant
Thirst	Variable	Excessive	Less
Sweat/body odor	Low, scanty, no smell	Profuse, hot, strong smell	Moderate, cool, pleasant smell
Sleep	Light, interrupted	Moderate, 6-8 hours	More than 8 hours
Speech	Talkative, may ramble	Speaks purposefully	Speaks less cautiously
Elimination	Irregular, dry, hard, tendency toward gas and constipation	Regular, soft, sometimes loose	Regular, solid, well formed

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Physical activity	Fast and very active	Medium	Slow and steady
Sexual activity	Low, variable	Moderate	Good
Weight	Hard to gain, easy to lose	Easy to gain, easy to lose	Easy to gain, hard to lose
Climate preference	Prefers warm	Prefers cool	Enjoys change of seasons
Taste preference	Prefers sweet, sour, salty	Prefers sweet, bitter or astringent	Prefers pungent, bitter, or astringent foods
Sensitivities	Cold, dryness, wind	Heat, sunlight, fire	Cold, damp
Score			

Psychological	Vata	Pitta	Kapha
Mind	Restless, always active	Aggressive, intelligent	Calm
Dreams	Fearful, flying, jumping, running	Fiery, passionate, anger, violence	Watery, rivers, oceans, swimming, romantic
Temperament	Nervous, changeable	Motivated, aggressive	Calm, content, conservative
Faith	Changeable	Determined, fanatic	Steady, slow to change
Memory	Easily notices things but easily forgets	Sharp	Slow to take notice but won't forget
Interests/habits	Dancing, artistic activities, talking	Competitive ventures, debate, politics, hunting	Family and social gatherings, cooking, collecting
Positive emotions	Adaptability	Courage	Love
Negative emotions	Feels fear often	Often afflicted with anger	Attachment
Finances	Spends on trifles	Spends on luxuries	Good money preserver
Moods	Changes quickly	Changes slowly	Steady, non-changing
Memory	Short-term is best	Good general memory	Long-term is good
Score			
Score for all three			

Once you have your columns tallied together, you have the beginning understanding of how nature's elements show up in you. Are you more Vata = Wind? Are you more Pitta = Fire? Are you more Kapha = Earth? We are all unique expressions of this universe, and must act in accordance with maintaining our own harmony within ourselves as well as our harmony with our planet.

Welcome to Whole Body Living...your time to evolve yourself