

Body-Type Questionnaire

Choose the column that best describes your natural tendencies. If two answers apply, please circle both. If no answers apply, please leave the question blank. Tally each section individually and then add the sections together at the end.

Mental Profile

Mental activity	Quick, active, restless		Sharp, critical, aggressive		Calm, steady, slow, stable	
Memory	Short term		Generally good		Good long term	
Concentration	Weak		Generally good		Very good	
Routine	Dislike routine		Enjoy planning and enjoy routine if I create it		Work well with routine	
Ability to learn	Quick to grasp concepts		Moderate ability to grasp new information		Slow to grasp new information	
Activity Level	Likes to stay physically active		Enjoys physical activities, especially competitive ones		Love leisurely activities the most	
Exercise	Feel more mentally relaxed when you are exercising		Exercise helps to keep emotions from going out of control for you		Exercise keeps your weight down in a way diet alone won't	
Dreams	Fearful, very active, flying,		Aggressive, fiery, adventurous		Watery, romance, relationships	
Sleep	Light, interrupted		Sound, medium		Sound, heavy, long	
Speech	Quick, can miss words		Sharp, direct, strong		Slower, clear, melodious	
Voice	High pitched		Medium pitched		Low pitched	
Sub-total						

Behavioral Profile

Eating Speed	Fast		Medium		Slow	
Hunger level	Irregular		Sharp, can be strong		Can easily miss meals	
Food/Drink	Prefers warm		Prefers cold		Prefers dry and warm	
Appetite	Variable. Can get very hungry, but often find “eyes bigger than stomach.”		Irritable if a meal is missed or if you can’t eat when you are hungry.		Like to eat, good appetite, but can miss meals without physical issues, if necessary.	
Achieving goals	Easily distracted		Focused and driven		Slow and steady	
Focus	Creative Thinker		Good Initiator and leader		Good at organization and “keeping things running”	
Mental Activity	Quick, Restless		Sharp Intellect, Aggressive		Calm, Steady, stable	
Giving/donations	Gives small amounts		Gives nothing or large amounts infrequently		Gives regularly and generously	
Relationships	Many casual		Intense		Long and deep	
Sex drive	Variable, low		Moderate		Strong	
Works best	Supervised		Alone		In groups	
Weather preference	Warm and moist		Cool and dry		Warm and dry	
Reaction to stress	Excites quickly. Reacts with fear		Medium		Slow to get excited	
Financial	Doesn’t save, spends quickly		Saves but big spender		Saves regularly, accumulates wealth	
Routine	Dislikes routine		Likes planning and organizing		Works well with routine	
Sub-total						

Emotional Profile

Moods	Changes quickly		Changes slowly		Steady, unchanging	
Reacts to stress with	Fear		Anger		Indifference	
More sensitive to	Own feelings		Not sensitive		Others feelings	
When threatened tends to	Run		Fight		Make peace	
Relations with spouse/partner	Clingy		Jealous		Secure	
Expresses affections	With words		With gifts		With touch	
When feeling hurt	Cries		Argues		Withdraws	
Emotional trauma causes	Anxiety		Denial		Depression	
Confidence level	Timid		Outwardly self-confident		Inner confidence	
Sub-total						

Physical Profile

Amount of hair	Average		Thinning		Thick	
Hair type	Dry, frizzy, thin, dark		Straight, fine, premature graying		Oily, wavy, thick	
Hair color	Light brown, blond		Auburn, reddish		Dark brown, black	
Skin	Dry, rough or both, dark/sallow, tans easily, cold		Soft, normal to oily, light, sunburns easily, warm		Oily, moist, fair, thick, cool. Tan slowly, evenly.	
Complexion	Darker		Pink, red. Sunburn easily		Pale-White	
Eyes	Small, brown, gray, violet, unusual color		Medium, Green, hazel, almond-shaped		Large, dark, blue	

Whites of eyes	Blue/brown		Yellow or red		Glossy/white	
Teeth	Very large or very small		Small -medium		Medium-large	
Nails	Brittle, dry		Flexible, but fairly strong		Strong, thick	
Weight	Thin, hard to gain		Can gain or lose relatively easily.		Heavy, easy to gain, hard to lose	
Structure	Protruding joints, Prominent veins		Medium build		Heavy bones	
Build	Thin as a child		Medium as a child		Plump as a child	
Exercise Tolerance	Low		Medium		High	
Strength	Fair		Above average		Strong	
Competition	Does not enjoy Competitive sports		Driven competitor		Handles competitive stress with ease	
Sweat	Scanty		Profuse		Moderate	
Runs like a	Deer or Gazelle		Tiger		Bear	
Elimination	Dry, hard, thin, easily constipated		Many during day, soft to normal		Heavy, slow, thick, regular	
TOTAL						