

<b>A. Determination based on your hereditary disposition</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Points</b>
1. What is the color of your eyes?	Light blue, gray or green	Blue, gray or green	Blue	Dark brown	Brownish black	
2. What is the color of your hair?	Sandy red	Blond	Chestnut/dark brown	Dark brown	Black	
3. What is the color of your unradiated skin?	Reddish	Very pale	Pale with beige tint	Light brown	Dark brown	
4. Are there freckles on your unradiated skin?	Many	Several	Few	Incidental	None	
<b>B. Determination based on your own experience to sunbathing to the unexposed skin</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Points</b>
1. What happens when you stay long in the sun?	Redness, peeling, blistering	Burns regularly with peeling	Burns sometimes with peeling	Burns rarely	Never burns	
2. To what degree do you turn brown?	Never	Hardly	Sometimes	Often	Always	
3. Do you turn brown directly directly (within several hours) after sunbathing?	Never	Hardly	Sometimes	Often	Always	
4. How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never a problem	
<b>C. Your tanning habits</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Points</b>
1. When sunbathing, do you try to tan your whole body?	Never	Hardly ever	Sometimes	Often	Always	
2. When did you last sunbathe (even under a sunlamp)?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a month ago	Less than 16 days ago	
<b>Total</b>						

<i>Total Score</i>	<i>Skin Sensitivity</i>	<i>Skin behavior</i>
0 - 7	Very Sensitive	I
8 - 16	Sensitive	II
17 - 25	Normal	III
Greater than 25	Very Resistant	IV