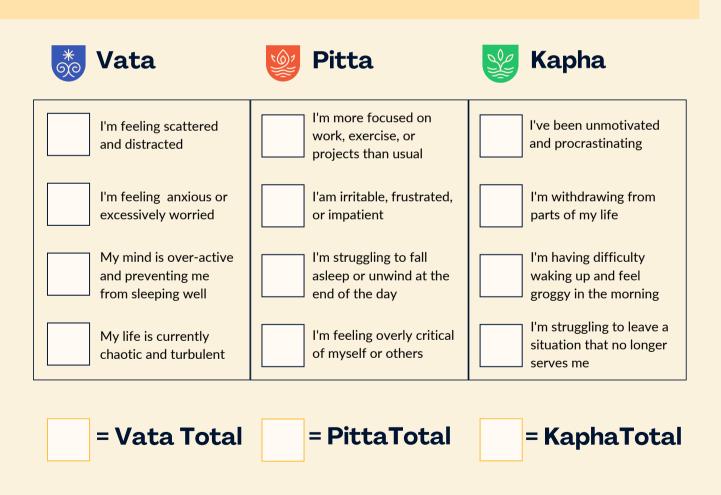


Vikruti Quiz: Mind

These questions are intended to assess your current dosha balance within your mind. Answer these questions according to what has been true for you in the past few weeks. You may retake this assessment anytime or as you experience changes in your life.

Instructions

- 1. In each box put a 0, 1, 3, or 5 to represent how much each statement applies to you currently, with 0 = does not apply, 1=rarely, 3=sometimes, 5=often.
- 2. Total each of the three columns at the bottom. The dosha with the **highest score** is the most out of balance, and the dosha with the lowest score is the most in balance.
- 3. Once you identify the dosha that is out of balance, you can gently bring yourself back into balance using your five senses.
- 4. Take the Vikruti quiz for your body **separately**. This will give you a complete mind-body assessment.





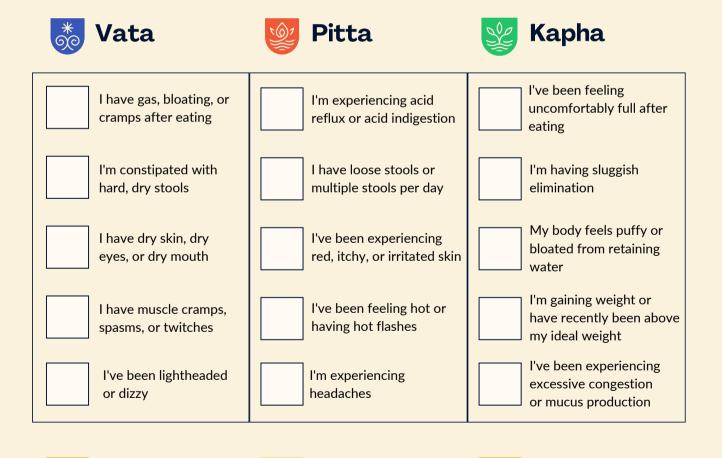
Vikruti Quiz: Body

These questions are intended to assess your current dosha balance within your body. Answer these questions according to what has been true for you in the past few weeks. You may retake this assessment anytime or as you experience changes in your life.

Instructions

= Vata Total

- 1. In each box put a 0, 1, 3, or 5 to represent how much each statement applies to you currently, with 0 = does not apply, 1=rarely, 3=sometimes, 5=often.
- 2. Total each of the three columns at the bottom. The dosha with the **highest score** is the most out of balance, and the dosha with the lowest score is the most in balance.
- 3. Once you identify the dosha that is out of balance, you can gently bring yourself back into balance using your five senses.
- 4. Take the Vikruti quiz for your mind separately. This will give you a complete mind-body assessment.



= PittaTotal

= KaphaTotal