

# DOG DOSHA QUIZ



Dog's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Breed: \_\_\_\_\_ Today's Date: \_\_\_\_\_

This mind-body questionnaire gathers information about your dog's basic nature. Base your answers from a time when your dog was in his/her most natural and healthy state. Perhaps around two-years old.

## INSTRUCTIONS:

Rank each characteristic with either 3, 2, or 1. For each row, use each number one time. (Each row should add up to 6)

3 = Most accurately represents my dog    2 = Secondly represents my dog    1 = Rarely represents my dog			
<b>EXAMPLE</b>	<input type="checkbox"/> 2 Vata	<input type="checkbox"/> 3 Pitta	<input type="checkbox"/> 1 Kapha = 6
CHARACTERISTICS	VATA	PITTA	KAPHA
<b>FRAME</b>	<input type="checkbox"/> Thin; lanky	<input type="checkbox"/> Medium; muscular	<input type="checkbox"/> Thick; solid = 6
<b>WEIGHT</b>	<input type="checkbox"/> Low; varies	<input type="checkbox"/> Moderate	<input type="checkbox"/> Heavy set; gains easily = 6
<b>EYES</b>	<input type="checkbox"/> Small, narrow	<input type="checkbox"/> Penetrating; distinct	<input type="checkbox"/> Large; engaging = 6
<b>COMPLEXION</b>	<input type="checkbox"/> Dry; sensitive	<input type="checkbox"/> Warm; reddish; freckles	<input type="checkbox"/> Thick; cool = 6
<b>HAIR</b>	<input type="checkbox"/> Curly; kinky; dry	<input type="checkbox"/> Fine; can be sparse	<input type="checkbox"/> Thick; lush = 6
<b>SLEEP PATTERN</b>	<input type="checkbox"/> Wakes easily; often	<input type="checkbox"/> Sound; recharges batteries	<input type="checkbox"/> Deep; slow to rise = 6
<b>BODY TEMPERATURE</b>	<input type="checkbox"/> Cold; likes warm environment	<input type="checkbox"/> Warm; likes cool environment	<input type="checkbox"/> Cooler; adaptable = 6
<b>TEMPERAMENT</b>	<input type="checkbox"/> Lively; happy	<input type="checkbox"/> Purposeful; keen	<input type="checkbox"/> Easy-going; accepting = 6
<b>UNDER STRESS</b>	<input type="checkbox"/> Worried; anxious	<input type="checkbox"/> Irritable; aggressive	<input type="checkbox"/> Withdrawn; fearful = 6



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CHARACTERISTICS	VATA	PITTA	KAPHA	
<b>BARK TENDENCY</b>	<input type="checkbox"/> From fear; whiny	<input type="checkbox"/> Out of anger; frequent	<input type="checkbox"/> Because of uncertainty	= 6
<b>APPETITE</b>	<input type="checkbox"/> Often lacks	<input type="checkbox"/> Hearty; consistent	<input type="checkbox"/> Strong; often excessive	= 6
<b>PLAY STYLE</b>	<input type="checkbox"/> Runs around	<input type="checkbox"/> Athletic; games	<input type="checkbox"/> Gentle; tugging	= 6
<b>ENERGY</b>	<input type="checkbox"/> Short spurts	<input type="checkbox"/> Strong	<input type="checkbox"/> Slow to start; good stamina	= 6
<b>DIGESTION</b>	<input type="checkbox"/> Varies; weak	<input type="checkbox"/> Easy; consistent; acidic	<input type="checkbox"/> Slow	= 6
<b>DISPOSITION</b>	<input type="checkbox"/> Friendly; quick	<input type="checkbox"/> Keen; sharp intellect	<input type="checkbox"/> Loving; loyal	= 6
<b>COMMON AILMENTS</b>	<input type="checkbox"/> Digestion; nervousness	<input type="checkbox"/> Skin conditions; anger	<input type="checkbox"/> Sluggish; weight gain	= 6
<b>TOTAL</b>	_____ <b>VATA TOTAL</b>	_____ <b>PITTA TOTAL</b>	_____ <b>KAPHA TOTAL</b>	

