

### Profile

Name:

DOB:

Height:

Weight:

Prakriti:

### Log It.

Date:

Day	Vata	Pitta	Kapha
Time	Vata	Pitta	Kapha
Activity:			

### Surface Level

Overall Impression:

### Qualities

Dry	Oily
Light	Heavy
Cold	Hot
Rough	Smooth
Clear	Cloudy
Movable	Stable
Sharp	Dull/Slow
Liquid	Dense
Subtle	Gross
Hard	Soft

Notes:

### Sub-Dosha Level

Prana	Pachaka	Kledaka
Udana	Ranjaka	Avalambaka
Samana	Sadhaka	Bodhaka
Apana	Alochaka	Tarpaka
Vyana	Bhrajaka	Shelshaka

Notes:

### Dhatu Level

Dhatu	Tendencies
Rasa	
Rakta	
Mamsa	
Meda	
Asthi	
Majja	
Shukra	

Notes:

### Deep Level

Vata	Pitta	Kapha
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Notes:

Interpretation:

Additional Comments: