| Name:                               |              |                |                |      |
|-------------------------------------|--------------|----------------|----------------|------|
| DOB:                                |              |                |                |      |
| Height:<br>Weight:                  |              |                |                |      |
| Prakriti:                           |              |                |                |      |
|                                     |              |                |                |      |
|                                     |              |                |                | •••• |
|                                     |              |                |                | •••• |
|                                     |              |                |                | •••• |
|                                     |              |                |                |      |
|                                     |              |                |                |      |
|                                     |              |                |                |      |
|                                     |              |                |                |      |
| Log It.                             |              |                |                |      |
| 208                                 |              |                |                |      |
| Date:                               |              |                |                |      |
| Date.                               |              |                |                |      |
|                                     |              | 1              | T., .          |      |
| Day:                                | Vata         | Pitta          | Kapha          |      |
| Day:<br>Time:                       | Vata<br>Vata | Pitta<br>Pitta | Kapha<br>Kapha |      |
| Day:                                |              |                |                |      |
| Day:<br>Time:                       |              |                |                |      |
| Day: Time: Activity:                |              |                |                |      |
| Day:<br>Time:                       |              |                |                |      |
| Day: Time: Activity:  Surface Level | Vata         |                |                |      |
| Day: Time: Activity:                | Vata         |                |                |      |
| Day: Time: Activity:  Surface Level | Vata         |                |                |      |

## Qualities

| Dry   | Oily   |
|-------|--------|
| Light | Heavy  |
| Cold  | Hot    |
| Rough | Smooth |

| Clear   | Cloudy    |
|---------|-----------|
| Movable | Stable    |
| Sharp   | Dull/Slow |
| Liquid  | Dense     |
| Subtle  | Gross     |
| Hard    | Soft      |

| Notes: |  |
|--------|--|
|        |  |
|        |  |
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|        |  |
|        |  |

## Sub-Dosha Level

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

| Notes: |
|--------|
|        |
|        |
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## Dhatu Level

| Dhatu | Tendencies |
|-------|------------|
| Rasa  |            |
| Rakta |            |
| Mamsa |            |
| Meda  |            |

| Asthi                         |       |       |       |
|-------------------------------|-------|-------|-------|
| Majja                         |       |       |       |
| Shukra                        |       |       |       |
| Notes:                        |       |       |       |
| votes.                        |       |       |       |
|                               |       |       |       |
|                               |       |       | ••••• |
|                               |       |       | ••••  |
|                               |       |       |       |
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|                               |       |       |       |
|                               |       |       |       |
|                               |       |       |       |
|                               |       |       |       |
| eep Level                     |       |       |       |
|                               |       |       |       |
|                               | Pitta | Kapha |       |
| Vata                          | Pitta | Kapha |       |
| veep Level<br>Vata<br>Notes:  | Pitta | Kapha |       |
| Vata                          | Pitta | Kapha |       |
| Vata                          | Pitta | Kapha |       |
| Vata                          | Pitta | Kapha |       |
| Vata<br>Notes:                | Pitta | Kapha |       |
| Vata                          | Pitta | Kapha |       |
| Vata  Notes:  Interpretation: |       | Kapha |       |
| Vata<br>Notes:                |       | Kapha |       |
| Vata  Notes:  Interpretation: |       | Kapha |       |
| Vata  Notes:  Interpretation: |       | Kapha |       |