

### DEFENSES CALCULATIONS

Defense:	Total Score:	Base:	Tier Value:	Folk Mod:	Kall Mod:	Roottrait Mod:	Roottrait Mod:	Power Mod:	Power Mod:	Power Mod:	Object Mod:	Armor Penalty:	Shield Penalty:	Burden Penalty:
Nml		10												
Ftl		10												
Mfl		10												
Nml Roottrait Score Combinations [Highest Total] = (Lth + Smt) or (Lth + Wis) or (2×Lth)														
Ftl Roottrait Score Combinations [Highest Total] = (Brw + Lth) or (Brw + Glt) or (2×Brw)														
Mfl Roottrait Score Combinations [Highest Total] = (Smt + Wis) or (Smt + Glt) or (Wis + Glt)														

Armor, shield, and burden penalties only apply to Nml

### HASTEN CALCULATIONS

Total Score:	Wis Mod:	Power Mod:	Power Mod:	Object Mod:

### PNEUMA CALCULATIONS

Total Score:	Level:	Tier Value:	Glt Mod:

### ENTWINE CALCULATIONS

Total Score:	Base:	Half-Level (†):	Tier Value:
	5		

### GRIT CALCULATIONS

	Total Score:	Base:	Level:	Tier Value:	Brw Mod:	Folk Mod:	Kall Mod:	Power Mod:
Maximum:		5						
Impaired:		Impaired Threshold = $[\frac{1}{2} \times (\text{max haleful})]$ (↓)						
Traumatized:		Traumatized Threshold = $[\frac{1}{4} \times (\text{max haleful})]$ (↓)						
Healing Mod:		Healing Modifier = $[\frac{1}{2} \times (\text{tier} + \text{Brw})]$ (†)						

### STRIVE CALCULATIONS

Relevant Lifeskills = Dive; Toil; Tumble	Total Score:	Base:	Brw Mod:	Folk Mod:	Power Mod:	Object Mod:	Dive Mod:	Toil Mod:	Tumble Mod:
Maximum:		5					+1 [sta]; +4 [imp]; +7 [adv]	+1 [sta]; +3 [imp]; +5 [adv]	+1 [sta]; +2 [imp]; +3 [adv]
Fatigued:		Fatigued Threshold = $[\frac{1}{2} \times (\text{max strive})]$ (↓)							
Exhausted:		Exhausted Threshold = $[\frac{1}{4} \times (\text{max strive})]$ (↓)							
Hold Breath:		Hold Breath = $[3 \times (\text{max strive}) + \text{Mods}]$							

### COMBAT AND TRAVEL SPEED CALCULATIONS

Relevant Lifeskills = Toil (Walk/Climb); Dive (Swim)	Total Score:	Folk Base:	Lth Mod:	Power Mod:	Power Mod:	Power Mod:	Object Mod:	Armor Penalty:	Shield Penalty:	Burden Penalty:
Sprint Walk:										
Jog Walk:		Jog Walk = $[\frac{1}{2} \times (\text{sprint walk})]$ (†) [sta]; $[\frac{3}{8} \times (\text{sprint walk})]$ (†) [imp]; $[\frac{3}{4} \times (\text{sprint walk})]$ (†) [adv]								
March Walk:		March Walk = $[\frac{1}{4} \times (\text{sprint walk})]$ (†) [sta; imp]; $[\frac{3}{8} \times (\text{sprint walk})]$ (†) [adv]								
Stride Walk:		Stride Walk = $[\frac{1}{8} \times (\text{sprint walk})]$ (†)								
Sprint Swim:		Sprint Swim = $[\frac{1}{4} \times (\text{sprint swim})]$ (†) [sta]; $[\frac{3}{8} \times (\text{sprint swim})]$ (†) [imp]; $[\frac{1}{2} \times (\text{sprint swim})]$ (†) [adv]								
Jog Swim:		Jog Swim = $[\frac{1}{2} \times (\text{sprint swim})]$ (†) [sta]; $[\frac{3}{8} \times (\text{sprint swim})]$ (†) [imp]; $[\frac{3}{4} \times (\text{sprint swim})]$ (†) [adv]								
March Swim:		March Swim = $[\frac{1}{4} \times (\text{sprint swim})]$ (†) [sta]; $[\frac{3}{8} \times (\text{sprint swim})]$ (†) [imp]; $[\frac{1}{2} \times (\text{sprint swim})]$ (†) [adv]								
Stride Swim:		Stride Swim = $[\frac{1}{8} \times (\text{sprint swim})]$ (†)								
Sprint Climb:		Sprint Climb = $[\frac{1}{8} \times (\text{sprint walk})]$ (†) [sta; imp]; $[\frac{1}{4} \times (\text{sprint walk})]$ (†) [adv]								
Jog Climb:		Jog Climb = $[\frac{3}{8} \times (\text{sprint climb})]$ (†) [sta; imp]; $[\frac{3}{4} \times (\text{sprint climb})]$ (†) [adv]								
March Climb:		March Climb = $[\frac{3}{8} \times (\text{sprint climb})]$ (†) [sta; imp]; $[\frac{1}{2} \times (\text{sprint climb})]$ (†) [adv]								
Stride Climb:		Stride Climb = $[\frac{3}{8} \times (\text{sprint climb})]$ (†)								

### JUMP DISTANCE CALCULATIONS

Relevant Lifeskills = Tumble	Total Score:	Standard Base:	Improved Base:	Advanced Base:	Faun Mod:	Lth Mod:	Power Mod:	Power Mod:	Object Mod:
Stand Hop:		1	2	3	1	$+\frac{1}{8} \times \text{Lth}$ (†) [sta; imp; adv]			
Run Hop:		2	3	4	2	$+\frac{1}{4} \times \text{Lth}$ (†) [sta; imp]; $+\frac{3}{8} \times \text{Lth}$ (†) [adv]			
Stand Leap:		3	4	5	3	$+\frac{1}{2} \times \text{Lth}$ (†) [sta]; $+\frac{5}{8} \times \text{Lth}$ (†) [imp]; $+\frac{3}{4} \times \text{Lth}$ (†) [adv]			
Run Leap:		5	7	10	5	$+(1 \times \text{Lth})$ [sta]; $+(1\frac{1}{2} \times \text{Lth})$ (†) [imp]; $+(2 \times \text{Lth})$ [adv]			

### BURDEN WEIGHT CALCULATIONS

	Total Score:	Folk Mod:	Power Mod:	Object Mod:
Unburdened:		$\text{Aelf} = [4 + (7 \times (1 \times \text{Brw}^2))] (\dagger) \cdot \text{Dweorg} = [10 + (1\frac{1}{4} \times (1 \times \text{Brw}^2))] (\dagger) \cdot \text{Faun} = [2 + (2\frac{1}{4} \times (1 \times \text{Brw}^2))] (\dagger) \cdot \text{Oerc} = [8 + (1\frac{1}{4} \times (1 \times \text{Brw}^2))] (\dagger) \cdot \text{Sealc} = [6 + (1 \times \text{Brw}^2)]$		
Press Lift:		Press Lift = $[6\frac{1}{2} \times (\text{unburdened carrying capacity})]$ (†)		
Thrust Lift:		Thrust Lift = $[4\frac{1}{2} \times (\text{unburdened carrying capacity})]$ (†)		
Dead Lift:		Dead Lift = $[10 \times (\text{unburdened carrying capacity})]$		
Burden Penalty:		Burden Penalty = -1 penalty for each 5% excess weight increment above unburdened carrying capacity Excess Weight = (weapons + conduits + armors + shields + donned or carried combat gear) - (unburdened carrying capacity) • Excess Weight Penalty Increment = $[(\text{dead lift maximum}) - (\text{unburdened carrying capacity})] \times 0.05$ upon excess weight carried, calculate number of 5% excess weight increments above unburdened carrying capacity		

HARM YIELD CALCULATIONS				
Category:	Total Score:	Kindred Mod:	Power Mod:	Object Mod:
<i>Wreck</i>				
<i>Whelm</i>				
<i>Flare</i>				
<i>Frost</i>				
<i>Gleam</i>				
<i>Gloom</i>				
<i>Rasp</i>				
<i>Rot</i>				
<i>Shake</i>				
<i>Shock</i>				
<i>Logos</i>				
<i>Chaos</i>		There is no resistance or vulnerability to soulful or spiritual harm; susceptibility and immunity to soulful harm [ <i>logos</i> , <i>chaos</i> , <i>charis</i> , <i>hubris</i> ] and spiritual harm [ <i>hallow</i> and <i>heinous</i> ] are determined by lifeword and relationship to Ultimate Truth		
<i>Charis</i>				
<i>Hubris</i>				
<i>Hallow</i>				
<i>Heinous</i>				

PHYSICAL ATTACKS CALCULATIONS					
	Total Score:	Roottrait Mod:	Power Mod:	Power Mod:	Object Mod:
Melee Strike Mod:					
Barrage Strike Mod:					
Melee Harm Mod [x1]:					
Barrage Harm Mod [x1]:					
Melee Harm Mod [x½] (†):		For dual/paired physical attacks, the normal harm mods are halved (rounded up)			
Barrage Harm Mod [x½] (†):					

MAGICAL ATTACKS CALCULATIONS					
	Total Score:	Roottrait Mod:	Power Mod:	Power Mod:	Object Mod:
Strike Mod:					
Harm Mod [x1]:					
Harm Mod [x¾] (†):		For some magical attacks, the normal harm mods are three-quartered, halved, or quartered (rounded up)			
Harm Mod [x½] (†):					
Harm Mod [x¼] (†):					

LIFESKILLS CALCULATIONS												
Lifeskill:	Total Score:	Folk Mod:	Roottrait Mod (Max 10) + Training Mod:	Primary Roottrait:	Secondary Roottrait:	Training Mod:	Power Mod:	Power Mod:	Object Mod:	Armor Penalty:	Shield Penalty:	Burden Penalty:
<i>Barter</i>				(1×Smt)	(½×Glt) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Brew</i>				(1×Smt)	(½×Wis) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Chip</i>				(1×Smt)	(½×Lth) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Clout</i>				(1×Glt)	(½×Smt) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Cook</i>				(1×Glt)	(½×Wis) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Deepfare</i>				(1×Wis)	(½×Brw) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Dive</i>				(1×Brw)	(½×Lth) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Farlore</i>				(1×Glt)	(½×Smt) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Farm</i>				(1×Wis)	(½×Smt) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Flaunt</i>				(1×Glt)	(½×Lth) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Heed</i>				(1×Wis)	(½×Glt) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Herd</i>				(1×Brw)	(½×Glt) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Hew</i>				(1×Smt)	(½×Brw) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Landfare</i>				(1×Wis)	(½×Brw) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Look</i>				(1×Wis)	(½×Glt) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Lurk</i>				(1×Lth)	(½×Wis) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Mash</i>				(1×Glt)	(½×Smt) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Mend</i>				(1×Smt)	(½×Lth) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Mingle</i>				(1×Glt)	(½×Smt) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Nighlore</i>				(1×Smt)	(½×Wis) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Seafare</i>				(1×Glt)	(½×Brw) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Search</i>				(1×Smt)	(½×Wis) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Smith</i>				(1×Smt)	(½×Brw) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Taw</i>				(1×Wis)	(½×Brw) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Toil</i>				(1×Brw)	(½×Glt) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Trick</i>				(1×Lth)	(½×Glt) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Tumble</i>				(1×Lth)	(½×Smt) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Weave</i>				(1×Wis)	(½×Lth) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Wile</i>				(1×Glt)	(½×Wis) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						
<i>Writ</i>				(1×Smt)	(½×Lth) (↓)	+0 [sta]; +1 [imp]; +2 [adv]						

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