

| SCEALC MONK | | | | | 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 | | | | | | | | | | | | Armor, shield, and burden penalties only apply to Nml |
| 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) | | | | | | | | | | | | | | |

| 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 = $[\frac{1}{2} \times (\text{max grit})]$ (↓) | | | | | | |
| Traumatized: | | Traumatized Threshold = $[\frac{1}{4} \times (\text{max grit})]$ (↓) | | | | | | |
| 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: +1 [sta]; +4 [imp]; +7 [adv] | Toil Mod: +1 [sta]; +3 [imp]; +5 [adv] | Tumble Mod: +1 [sta]; +2 [imp]; +3 [adv] | |
| Maximum: | | 5 | | | | | | | | |
| 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]; $+(\frac{3}{8} \times \text{Lth})$ (†) [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: | | $Aelf = [4 + (\frac{7}{8} \times (1 \times \text{Brw}^2))] (\dagger)$ • $Dweorg = [10 + (1\frac{1}{4} \times (1 \times \text{Brw}^2))] (\dagger)$ • $Faun = [2 + (\frac{3}{4} \times (1 \times \text{Brw}^2))] (\dagger)$ • $Oerc = [8 + (1\frac{1}{8} \times (1 \times \text{Brw}^2))] (\dagger)$ • $Scealc = [6 + (1 \times \text{Brw}^2)]$ | | | | | |
| 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: | | <ul style="list-style-type: none"> Burden Penalty = -1 penalty for each 5% excess weight increment above unburdened carrying capacity Total Excess Weight = (weapons + conduits + armors + shields + donned or carried combat gear) - (unburdened carrying capacity) Excess Weight Penalty Increment = [(dead lift maximum) - (unburdened carrying capacity)] × 0.05 Based 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> | | | | |
| <i>Charis</i> | | | | |
| <i>Hubris</i> | | | | |
| <i>Hallow</i> | | | | |
| <i>Heinous</i> | | | | |

There is no resistance or vulnerability to soulual or spiritual harm; susceptibility and immunity to soulual harm [*logos*, *chaos*, *charis*, *hubris*] and spiritual harm [*hallow* and *heinous*] are determined by lifview and relationship to Ultimate Truth

| 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] (↑): | | | | | |
| Barrage Harm Mod [x½] (↑): | | | | | |

For dual/paired physical attacks, the normal harm mods are halved (rounded up)

| MAGICAL ATTACKS CALCULATIONS | | | | | |
|------------------------------|--------------|----------------|------------|------------|-------------|
| | Total Score: | Roottrait Mod: | Power Mod: | Power Mod: | Object Mod: |
| Strike Mod: | | | | | |
| Harm Mod [x1]: | | | | | |
| Harm Mod [x¾] (↑): | | | | | |
| Harm Mod [x½] (↑): | | | | | |
| Harm Mod [x¼] (↑): | | | | | |

For some magical attacks, the normal harm mods are three-quartered, halved, or quartered (rounded up)

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