

HASTEN CALCULATIONS					PNEUMA CALCULATIONS				ENTWINE CALCULATIONS			
Total Score:	Wis Mod:	Power Mod:	Power Mod:	Object Mod:	Total Score:	Level:	Tier Value:	Glt Mod:	Total Score:	Base:	Half-Level (†):	Tier Value:
+2	2				7	4	2	1	9	5	2	2

GRIT CALCULATIONS								
	Total Score:	Base:	Level:	Tier Value:	Brw Mod:	Folk Mod:	Kall Mod:	Power Mod:
Maximum:	29	5	4	2	3	5	10	
Impaired :	14	Impaired Threshold = $\lceil \frac{1}{2} \times (\text{max grit}) \rceil$ (↓)						
Traumatized :	7	Traumatized Threshold = $\lceil \frac{1}{4} \times (\text{max grit}) \rceil$ (↓)						
Healing Mod:	3	Healing Modifier = $\lceil \frac{1}{2} \times (\text{tier} + \text{Brw}) \rceil$ (↑)						

STRIVE CALCULATIONS									
Relevant Lifeskills = <i>Dive ; Toil ; Tumble</i>	Total Score:	Base:	Brw Mod:	Folk Mod:	Power Mod:	Object Mod:	<i>Dive</i> Mod: +1 [sta]; +4 [imp]; +7 [adv]	<i>Toil</i> Mod: +1 [sta]; +3 [imp]; +5 [adv]	<i>Tumble</i> Mod: +1 [sta]; +2 [imp]; +3 [adv]
Maximum:	16	5	3	5			1	1	1
Fatigued :	8	Fatigued Threshold = $\lceil \frac{1}{2} \times (\text{max strive}) \rceil$ (↓)							
Exhausted :	4	Exhausted Threshold = $\lceil \frac{1}{4} \times (\text{max strive}) \rceil$ (↓)							
Hold Breath:	48	Hold Breath = $\lceil 3 \times (\text{max strive}) \rceil + \text{Mods}$							

COMBAT AND TRAVEL SPEED CALCULATIONS										
Relevant Lifeskills = <i>Toil</i> (Walk/Climb); <i>Dive</i> (Swim)	Total Score:	Folk Base:	Lth Mod:	Power Mod:	Power Mod:	Power Mod:	Object Mod:	Armor Penalty:	Shield Penalty:	Burden Penalty:
Sprint Walk:	3	1	2					±0	±0	±0
Jog Walk:	2	Jog Walk = [½×(sprint walk)] (†) [sta]; [⅝×(sprint walk)] (†) [imp]; [¾×(sprint walk)] (†) [adv]								
March Walk:	1	March Walk = [¼×(sprint walk)] (†) [sta; imp]; [⅙×(sprint walk)] (†) [adv]								
Stride Walk:	1	Stride Walk = [⅙×(sprint walk)] (†)								
Sprint Swim:	1	Sprint Swim = [¼×(sprint walk)] (†) [sta]; [⅜×(sprint walk)] (†) [imp]; [½×(sprint walk)] (†) [adv]								
Jog Swim:	1	Jog Swim = [½×(sprint swim)] (†) [sta]; [⅙×(sprint swim)] (†) [imp]; [¾×(sprint swim)] (†) [adv]								
March Swim:	1	March Swim = [¼×(sprint swim)] (†) [sta]; [⅓×(sprint swim)] (†) [imp]; [½×(sprint swim)] (†) [adv]								
Stride Swim:	1	Stride Swim = [⅙×(sprint swim)] (†)								
Sprint Climb:	1	Sprint Climb = [⅙×(sprint walk)] (†) [sta; imp]; [¼×(sprint walk)] (†) [adv]								
Jog Climb:	1	Jog Climb = [⅝×(sprint climb)] (†) [sta; imp]; [¾×(sprint climb)] (†) [adv]								
March Climb:	1	March Climb = [⅓×(sprint climb)] (†) [sta; imp]; [½×(sprint climb)] (†) [adv]								
Stride Climb:	1	Stride Climb = [⅙×(sprint climb)] (†)								

JUMP DISTANCE CALCULATIONS									
Relevant Lifeskills = <i>Tumble</i>	Total Score:	Standard Base:	Improved Base:	Advanced Base:	Faun Mod:	Lth Mod:	Power Mod:	Power Mod:	Object Mod:
Stand Hop:	2	1	2	3	1	1 + (1/8×Lth) (†) [sta; imp; adv]			
Run Hop:	3	2	3	4	2	1 + (1/4×Lth) (†) [sta; imp]; + (3/8×Lth) (†) [adv]			
Stand Leap:	4	3	4	5	3	1 + (1/2×Lth) (†) [sta]; + (5/8×Lth) (†) [imp]; + (3/4×Lth) (†) [adv]			
Run Leap:	7	5	7	10	5	2 + (1×Lth) [sta]; + (1 1/2×Lth) (†) [imp]; + (2×Lth) [adv]			

BURDEN WEIGHT CALCULATIONS				
	Total Score:	Folk Mod: $Aelf = [4 + (\% \times (1 \times Brw)^2)] (†) \bullet Dweorg = [10 + (1/4 \times (1 \times Brw)^2)] (†) \bullet Faun = [2 + (3/4 \times (1 \times Brw)^2)] (†) \bullet Oerc = [8 + (1/8 \times (1 \times Brw)^2)] (†) \bullet Sealc = [6 + (1 \times Brw)^2]$	Power Mod:	Object Mod:
Unburdened:	42	22	20	
Press Lift:	273	Press Lift = $[6 \frac{1}{2} \times (\text{unburdened carrying capacity})] (†)$		
Thrust Lift:	189	Thrust Lift = $[4 \frac{1}{2} \times (\text{unburdened carrying capacity})] (†)$		
Dead Lift:	420	Dead Lift = $[10 \times (\text{unburdened carrying capacity})]$		
Burden Penalty:	±0	<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 = $[(\text{dead lift maximum}) - (\text{unburdened carrying capacity})] \times 0.05$ • 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:
Wreck	-7	±0		-7
Whelm	-3	-2		-1
Flare	±0	±0		
Frost	-1	-1		
Gleam	±0	±0		
Gloom	±0	±0		
Rasp	±0	±0		
Rot	±0	±0		
Shake	-1	-1		
Shock	-1	-1		
Logos	•	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 lifeview and relationship to Ultimate Truth		
Chaos	±0			
Charis	•			
Hubris	±0			
Hallow	•			
Heinous	±0			

PHYSICAL ATTACKS CALCULATIONS					
	Total Score:	Roottrait Mod:	Power Mod:	Power Mod:	Object Mod:
Melee Strike Mod:	+5	3	2		
Barrage Strike Mod:	+3	3			
Melee Harm Mod [x1]:	+2	2			
Barrage Harm Mod [x1]:	+2	2			
Melee Harm Mod [×½] (↑):	+1	For dual/paired physical attacks, the normal harm mods are halved (rounded up)			
Barrage Harm Mod [×½] (↑):	+1				

MAGICAL ATTACKS CALCULATIONS					
	Total Score:	Roottrait Mod:	Power Mod:	Power Mod:	Object Mod:
Strike Mod:	—				
Harm Mod [×1]:	—				
Harm Mod [×¾] (↑):	—	For some magical attacks, the normal harm mods are three-quartered, halved, or quartered (rounded up)			
Harm Mod [×½] (↑):	—				
Harm Mod [×¼] (↑):	—				

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:
Barter				(1×Smt)	(½×Glt) (↓)							
Brew				(1×Smt)	(½×Wis) (↓)							
Chip				(1×Smt)	(½×Lth) (↓)							
Clout	+1		1+0	(1×Glt)	(½×Smt) (↓)	0						
Cook	+2		1+1	(1×Glt)	(½×Wis) (↓)	0						
Deepfare	+3		2+1	(1×Wis)	(½×Brw) (↓)	0				-3 ±0 ±0		
Dive	+1		3+1	(1×Brw)	(½×Lth) (↓)	0						
Farlore				(1×Glt)	(½×Smt) (↓)							
Farm				(1×Wis)	(½×Smt) (↓)							
Flaunt				(1×Glt)	(½×Lth) (↓)							
Heed	+4	1	2+0	(1×Wis)	(½×Glt) (↓)	1						
Herd				(1×Brw)	(½×Glt) (↓)							
Hew	+1		0+1	(1×Smt)	(½×Brw) (↓)	0						
Landfare	+3		2+1	(1×Wis)	(½×Brw) (↓)	0						
Look	+2		2+0	(1×Wis)	(½×Glt) (↓)	0						
Lurk	±0		2+1	(1×Lth)	(½×Wis) (↓)	0				-3	±0	±0
Mash				(1×Glt)	(½×Smt) (↓)							
Mend				(1×Smt)	(½×Lth) (↓)							
Mingle	+1		1+0	(1×Glt)	(½×Smt) (↓)	0						
Nighlore				(1×Smt)	(½×Wis) (↓)							
Seafare	+2		1+1	(1×Glt)	(½×Brw) (↓)	0						
Search	+2	1	0+1	(1×Smt)	(½×Wis) (↓)	0				-3 ±0 ±0		
Smith	+1		0+1	(1×Smt)	(½×Brw) (↓)	0						
Taw				(1×Wis)	(½×Brw) (↓)							
Toil	±0		3+0	(1×Brw)	(½×Glt) (↓)	0						
Trick				(1×Lth)	(½×Glt) (↓)							
Tumble	-1		2+0	(1×Lth)	(½×Smt) (↓)	0				-3	±0	±0
Weave				(1×Wis)	(½×Lth) (↓)					-3 ±0 ±0		
Wile	-1		1+1	(1×Glt)	(½×Wis) (↓)	0						
Writ				(1×Smt)	(½×Lth) (↓)							