

Exhaustion and Exposure

Causes of Exhaustion: Poor sleep, not eating food, no water, inclement weather, other

Week # :

Characters:	Days and Exhaustion Levels						
	Day 1	2	3	4	5	6	7
1.							
2.							
3.							
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11.							
12.							
13.							
14.							

Exhaustion Level Effects

0: None

1: -1 to attacks & saving throws

2: -10 to your speed (-3 points/day)

3: -2 to attacks & saving throws

4: -20 to your speed (-6 points/day)

5: -3 to attacks & saving throws

6: -30 to your speed (-9 points/day)

7: -4 to attacks & saving throws

8: -1 constitution per day

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