

Stat Breakpoints

Vigor

Influences your health and frost resistance.

17 and 26 are the first breakpoints, but if you're planning to do PvP or go into NG+ then going higher is strongly recommended.

Generally speaking, you should **aim for 39-49 vig** (I personally recommend at least 44, but that isn't strictly necessary).

[Here's a spreadsheet that gives more detail; shows gains per level of investment.](#)

Attunement

Influences your FP and attunement slot count (needed to cast spells).

You gain an attunement slot at 10, 14, 18, 24, 30, 40, 50, 60, 80, and 99.

FP gained per point drops dramatically after 35.

18 or 24 should be enough investment for all casters.

[Here's a spreadsheet that gives more detail; shows gains per level of investment.](#)

Endurance

Influences your stamina, lightning defense, and bleed resistance.

Varies based on Ring of Favor.

Favor +3: 14, 19, 23, 26, 30, 32, 34, 37, and 40.

Favor +2: 14, 19, 24, 26, 29, 32, 37, and 40.

Favor +1: 14, 19, 24, 26, 29, 34, 37, and 40.

Favor: 14, 20, 26, 30, 32, 36, and 40.

No Favor: 26, 29, 32, 34, 37, and 40.

Where you stop is largely preference, in my opinion the best stopping points are 26 and 34 with Favor +3.

[Here's a spreadsheet that gives more detail; shows gains per level of investment.](#)

Vitality

Influences your carry weight, physical defense, and poison resistance.

Defenses gained from vitality soft cap at 40.

Equip load does not have a soft cap, you gain 1 unit for every point.

There aren't really any breakpoints for vitality, best advice here is to use [soulsplanner](#) to figure out how much you need.

Strength

Influences the amount of applicable weapon scaling that is used, physical defense (less than Vitality), and fire defense.

26, 27, 40, 60, and 66

26 and 27 are generally for weapons that are used 2h and have low/average strength scaling (these will typically have better dex scaling and be used at [26 or 27/40] [str/dex]).

40 for 1h weapons that have low/average strength scaling (mostly quality weapons again).

60 for 1h weapons that have high strength scaling, also a decent stopping point if you want to save some points by not going to 66.

66 for 2h weapons that have high strength scaling.

[Here is a link that has all scaling data available for those who are interested.](#)

Dexterity

Influences the amount of applicable weapon scaling that is used and fall damage.

39, 40, and 70+ (77 is the last point where returns will be higher than 40 to 41)

39 is typically going to be for quality weapons that lean more towards strength than dexterity because 39 > 40 tends to only give 1 AR for them.

40 is for weapons with dex scaling that cannot be infused.

As much as possible on a dedicated dex build, but do not sacrifice other important stats; Sharp infusions tend to scale well up to 80s, but you will likely not be able to fit more than around 70 on a well-made build at meta SL.

[Here is a link that has all scaling data available for those who are interested.](#)

Intelligence

Influences the amount of applicable weapon scaling that is used and magic defense.

40 and 60

Dedicated sorcerers should aim for 60, hybrids usually can't manage much more than 40 without making too many sacrifices.

[Here is a link that has all scaling data available for those who are interested.](#)

Faith

Influences the amount of applicable weapon scaling that is used and dark defense.

40 and 60

Dedicated miracle casters should aim for 60, hybrids usually can't manage more than 40 without making too many sacrifices.

[Here is a link that has all scaling data available for those who are interested.](#)

Int/Faith

30/30, 40/40, and 45/45

30/30 is for dark builds (melee builds that use dark/chaos infusions) and Crystal Chime.

- Crystal Chime will typically go 31/30 or 32/30 (31 is minimum intelligence needed for 5 orbs with Homing Soulmass and 32 is the requirement for Affinity)

40/40 is for pyromancers and crystal chime multi-class casters.

45/45 is *technically* where Izalith Staff, Caitha's Chime, and Sunless Talisman are best, but this amount of investment is usually not worth it at meta SL:

- Izalith Staff has linear returns from 30/30 to 45/45 and its intelligence scaling is better so it should be prioritized within this range.
- Caitha's Chime and Sunless Talisman have linear returns from 30/30 to 45/45 and their faith scaling is slightly better so it should be prioritized within this range.

[Here is a link that has all scaling data available for those who are interested.](#)

Luck

Influences the amount of applicable weapon scaling that is used and curse resistance.

40, 50, and 60

40 for hollow infusions (keep in mind that with 15 hollowing and a +10 weapon you get 5 levels of luck for having a hollow infusion equipped).

50 for status/auxiliary scaling.

60 for Anri's Straight Sword; scaling from 40-60 is only ~1.128 AR per point, but it's still usually worth it.

Note from Cryptid: Luck builds are bad, stop recommending them. Thank you.

[Here is a link that has all scaling data available for those who are interested.](#)

There are reasons to end up at different levels of str/dex/int/faith/luck than what is listed here; these are specifically for reaching damage soft caps.