

# The Fitness Point System

The fitness point system is developed to be used with the 'hovering at death's door' optional rule. This rule states a character becomes merely unconscious when he drops below 1 HP, and dies at -10 HP.

From maximum HP to 1 HP, the character only takes light wounds. When his HP gets below 1, he has received serious wounds. These wounds cause severe trauma, and are not healed by simply getting the character back to 1 HP.

The natural and magical healing of serious wounds is simulated by the Fitness Point [FP] system. The system works as follows:

## **The system differentiates in three phases of recovery.**

- During the first stage, the character is unconscious (comatose) and cannot perform any action, even if he is at full HP.
- During the second stage, the character is conscious but can do nothing too fatiguing. He may be able to read a simple story, eat and drink and listen to the birds, but sitting on a horse really is the limit!
- During the third stage, the character is visibly recuperating. He is still weak (his dexterity and strength are 6 lower than normal), and has a chance of spell failure of 5% per FP he still has to heal.

## **The FP's for the three stages are:**

Phase 1:  $1+2*(\text{HP below zero})$

Phase 2:  $3+2*(\text{HP below zero})$

Phase 3:  $5+2*(\text{HP below zero})$

The FP of the lowest phase are healed first.

## **The healing rate is:**

Normal care: 2 FP per day.

Medical care: +1 FP per day.

Herbalism (+ usable herbs): +1 FP per day.

A constitution check is made every day. If this check succeeds, double FP are healed.

## **Magical healing of FP:**

Cure serious wounds: 1 phase.

Cure critical wounds: 2 phases.

Heal, restoration, regenerate, (limited) wish: all phases.