

Fishing, Cooking, Catch Times & Stop Burn — with Heals (HP)

Heals formula: Heals (HP) = round(1.1 × sqrt(Cooking XP)) — smooth, monotonic scaling.

Lvl	Fish	Fishing XP	Item Required	Bait?	Catch Time	Cooking XP	Heals (HP)	Cooked Item	Stop Burn Lvl
1	Shrimp	10	Small Net	No	2-3s	15	4	Cooked Shrimp	30
2	Anchovy	15	Small Net	No	2-3s	22	5	Cooked Anchovy	32
3	Minnow	18	Rod	Yes (worms)	2-3s	27	6	Cooked Minnow	33
5	Sardine	20	Rod	Yes (bait)	2-3s	30	6	Cooked Sardine	35
7	Herring	25	Rod	Yes (bait)	2-3s	37	7	Cooked Herring	36
10	Whitefish	30	Rod	No	2-3s	45	7	Cooked Whitefish	38
12	Crayfish	35	Cage	No	2-3s	52	8	Cooked Crayfish	39
15	Trout	50	Fly Rod	Yes (feathers)	2-3s	75	10	Cooked Trout	41
17	Perch	55	Rod	Yes (worms)	2-3s	82	10	Cooked Perch	42
20	Pike	60	Rod	Yes (bait)	3-5s	90	10	Cooked Pike	44
22	Catfish	65	Rod	Yes (worms)	3-5s	97	11	Cooked Catfish	45
25	Salmon	70	Fly Rod	Yes (feathers)	3-5s	105	11	Cooked Salmon	47
27	Eel	80	Spear	Yes (worms)	3-5s	120	12	Cooked Eel	48
30	Bass	90	Big Net	No	3-5s	135	13	Cooked Bass	50
32	Mackerel	100	Big Net	No	3-5s	150	13	Cooked Mackerel	51
35	Tuna	110	Harpoon	No	3-5s	165	14	Cooked Tuna	53
37	Carp	120	Rod	Yes (corn)	3-5s	180	15	Cooked Carp	55
40	Lobster	120	Cage	No	5-7s	180	15	Cooked Lobster	56
42	Snapper	130	Big Net	No	5-7s	195	15	Cooked Snapper	58
45	Swordfish	140	Harpoon	No	5-7s	210	16	Cooked Swordfish	59
47	Sturgeon	150	Rod	Yes (bait)	5-7s	225	16	Cooked Sturgeon	61
50	Monkfish	150	Net	No	5-7s	225	16	Cooked Monkfish	62
52	Squid	160	Big Net	No	5-7s	240	17	Cooked Squid	64
55	Shark	200	Harpoon	No	5-7s	300	19	Cooked Shark	65
57	Red Drum	210	Rod	Yes (bait)	5-7s	315	20	Cooked Red Drum	67
60	Anglerfish	220	Rod	Yes (worms)	7-9s	330	20	Cooked Anglerfish	68

Lvl	Fish	Fishing XP	Item Required	Bait?	Catch Time	Cooking XP	Heals (HP)	Cooked Item	Stop Burn Lvl
62	Marlin	230	Harpoon	No	7-9s	345	20	Cooked Marlin	70
65	King Crab	240	Cage	No	7-9s	360	21	Cooked King Crab	71
67	Barracuda	250	Harpoon	No	7-9s	375	21	Cooked Barracuda	73
70	Sea Bass	260	Big Net	No	7-9s	390	22	Cooked Sea Bass	74
72	Giant Catfish	270	Rod	Yes (worms)	7-9s	405	22	Cooked Giant Catfish	76
75	Manta Ray	280	Harpoon	No	7-9s	420	23	Cooked Manta Ray	78
77	Octopus	290	Big Net	No	7-9s	435	23	Cooked Octopus	79
80	Sea Turtle	300	Harpoon	No	9-12s	450	23	Cooked Sea Turtle	81
82	Stingray	310	Harpoon	No	9-12s	465	24	Cooked Stingray	82
85	Grouper	320	Rod	Yes (bait)	9-12s	480	24	Cooked Grouper	84
87	Piranha	330	Rod	Yes (bait)	9-12s	495	24	Cooked Piranha	85
90	Whale Shark	350	Harpoon	No	9-12s	525	25	Cooked Whale Shark	87
91	Electric Eel	360	Spear	Yes (worms)	9-12s	540	26	Cooked Electric Eel	88
93	Swordtail	370	Fly Rod	Yes (feathers)	9-12s	555	26	Cooked Swordtail	90
95	Blue Whale	400	Harpoon	No	12-15s	600	27	Cooked Blue Whale	91
96	Leviathan Carp	420	Rod	Yes (special bait)	12-15s	630	28	Cooked Leviathan Carp	93
97	Crystal Salmon	450	Fly Rod	Yes (enchanted feathers)	12-15s	675	29	Cooked Crystal Salmon	94
98	Voidfin	480	Harpoon	No	12-15s	720	30	Cooked Voidfin	96
99	Golden Carp	500	Any	No (ultra-rare)	15-20s	750	30	Cooked Golden Carp	97
99	Mythic Kraken	600	Harpoon	Yes (special bait)	15-20s	900	33	Cooked Mythic Kraken	99