

> Today, I am beginning my adventure as a POKÉMON TRAINER! I'm excited to begin my journey and attempt to complete my POKÉDEX!  
I'm off to the professor to get my starter - I hope it will be a cute one!  
Oh, and also, I will document my daily activities here in this document. By the end of my trip, I'm sure to be a POKÉMON master, right?  
Alright, let's go!

> The meeting with the professor went great! There were tons of POKÉMON on offer but I eventually settled on one that caught my eye: NUZLEAF!  
Naturally, it's Lv. 100 and already has the moveset SOLAR-BEAM, NATURE-POWER, HEADBUTT, and RETURN.  
I wonder where the professor found something like this? Whatever, it's gotta be strong!  
According to them, my NUZLEAF has a NAUGHTY nature and the ability CHLOROPHYLL. That'll definitely come in handy.  
Oh, I was also given a POKÉDEX! This is what it had to say about my NUZLEAF:  
\* They live in holes bored in large trees. The sound of Nuzleaf's grass flute fills listeners with dread.  
I can't wait to see what else I'll learn about POKÉMON with this! The professor gave me a ton of POKÉBALLS so I should be good to go.

> Whoa, you won't believe it; I stumbled across LOTAD! And it's got the ability RAIN-DISH!  
Apparently it is Lv. 92 and has a NAUGHTY nature. Seems to know ASTONISH, ABSORB, FACADE, and TOXIC!  
Oh, and here's what the POKÉDEX says:  
\* Its leaf grew too large for it to live on land.  
That is how it began to live floating in the water.  
Score! Just glorious.

> Whoa, you won't believe it; I stumbled across MACHOP! And it's got the ability GUTS!  
Apparently it is Lv. 50 and has a BOLD nature. Seems to know SUBMISSION, LOW-SWEEP, FIRE-PUNCH, and FACADE!  
Oh, and here's what the POKÉDEX says:  
\* Though as small as a child, it has strength enough to easily throw a well-built adult. Striving to become ever stronger, Machop trains by carrying a Graveler on its shoulders.  
Score! Just noteworthy.

> Whoa, you won't believe it; I stumbled across MR-MIME! And it's got the ability FILTER!  
Apparently it is Lv. 24 and has a BRAVE nature. Seems to know BRICK-BREAK, ENERGY-BALL, SEISMIC-TOSS, and SOLAR-BEAM!  
Oh, and here's what the POKÉDEX says:  
\* The behavior of this clown-like Pokémon reminds one of pantomime. It creates invisible walls using a force emitted from its fingertips.  
Score! Just brilliant.

> Whoa, you won't believe it; I stumbled across VAPOREON! And it's got the ability WATER-ABSORB!  
Apparently it is Lv. 4 and has a LAX nature. Seems to know FACADE, DIVE, FAKE-TEARS, and STRENGTH!  
Oh, and here's what the POKÉDEX says:  
\* Tests show that its cells closely resemble water molecules, which perhaps explains its ability to conceal its form while submerged.  
I believe the origins of mermaid folklore lie with this Pokémon.  
Score! Just miraculous.

> I decided to enter a forest on a nearby route to look for new POKÉMON. So eerie...

> Hey, look what I caught - BULBASAUR! It's got quite a JOLLY nature. According to my POKÉDEX, it's Lv. 27 and knows SUBSTITUTE, CURSE, FRUSTRATION, and TACKLE

Nice, its ability is CHLOROPHYLL!

The description from the POKÉDEX states:

\* While it is young, it uses the nutrients that are stored in the seed on its back in order to grow.

Mind-blowing find!

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> I found XATU! It appears to be Lv. 51 with the moves OMINOUS-WIND, LUCKY-CHANT, SUCKER-PUNCH, and ALLY-SWITCH

It has a NAUGHTY nature, with the ability MAGIC-BOUNCE.

Here's what the POKÉDEX has to say about it:

\* This odd Pokémon can see both the past and the future. It eyes the sun's movement all day.

So enthralling!

> Hey, look what I caught - SEADRA! It's got quite a DOCILE nature.

According to my POKÉDEX, it's Lv. 30 and knows HIDDEN-POWER, BOUNCE, SLEEP-TALK, and SMOKESCREEN

Nice, its ability is DAMP!

The description from the POKÉDEX states:

\* Seadra's mouth is slender, but its suction power is strong. In an instant, Seadra can suck in food that's larger than the opening of its mouth.

Out of this world find!

> Shoot! I nearly caught a GRAVELER, but it got away. Better luck next time...

> Hey, look what I caught - NUMEL! It's got quite a SASSY nature.

According to my POKÉDEX, it's Lv. 48 and knows OVERHEAT, FRUSTRATION, SWAGGER, and SWALLOW

Nice, its ability is OWN-TEMPO!

The description from the POKÉDEX states:

\* Numel stores magma of almost 2,200 degrees Fahrenheit within its body. If it gets wet, the magma cools and hardens.

In that event, the Pokémon's body grows heavy and its movements become sluggish.

Awe-inspiring find!

> I ended up looking inside a damp, dark cave for new POKÉMON. Should've brought an escape rope!

> I found WARTORTLE! It appears to be Lv. 16 with the moves FRUSTRATION, SHELL-SMASH, ATTRACT, and CONFIDE

It has a DOCILE nature, with the ability RAIN-DISH.

Here's what the POKÉDEX has to say about it:

\* It cleverly controls its furry ears and tail to maintain its balance while swimming.

So superb!

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh,

crisp air!

> Hey, look what I caught - VENONAT! It's got quite a LONELY nature.  
According to my POKéDEX, it's Lv. 22 and knows MIMIC, SLEEP-POWDER, LEECH-LIFE, and SOLAR-BEAM

Nice, its ability is RUN-AWAY!

The description from the POKéDEX states:

\* Its large eyes act as radar. In a bright place, you can see that they are clusters of many tiny eyes.  
Fabulous find!

> I decided to go back to the nearest POKéCENTRE and heal up the team. Time to refresh!

> I found MAGNEMITE! It appears to be Lv. 33 with the moves ROLLOUT, CURSE, GYRO-BALL, and DOUBLE-EDGE

It has a NAIVE nature, with the ability STURDY.

Here's what the POKéDEX has to say about it:

\* A bizarre Pokémon with but a single eye embedded in an iron sphere. I suspect this creature levitates due to the magnetism it emits from its arms, which resemble horseshoe-shaped magnets.  
So grand!

> I went to the POKéMART to stock back up on potions and POKéBALLS. Always be prepared!

> Hey, look what I caught - HITMONCHAN! It's got quite a LAX nature.

According to my POKéDEX, it's Lv. 38 and knows SUBSTITUTE, WORK-UP, CAPTIVATE, and DYNAMIC-PUNCH

Nice, its ability is INNER-FOCUS!

The description from the POKéDEX states:

\* Its punches slice the air. However, it seems to need a short break after fighting for three minutes.  
Unbelievable find!

> Aw, I found a MARILL but it managed to slip away. It looked strong, too...

> I found TAUROS! It appears to be Lv. 88 with the moves HYPER-BEAM, WHIRLPOOL, IRON-TAIL, and SPITE

It has a MODEST nature, with the ability INTIMIDATE.

Here's what the POKéDEX has to say about it:

\* The Tauros of the Galar region are volatile in nature, and they won't allow people to ride on their backs.  
So wondrous!

> Despite my best efforts, I wasn't able to catch that RAICHU... Hopefully I find another one!

> Hey, look what I caught - PARAS! It's got quite a BOLD nature.

According to my POKéDEX, it's Lv. 53 and knows FURY-CUTTER, COUNTER, FELL-STINGER, and FACADE

Nice, its ability is DAMP!

The description from the POKéDEX states:

\* Sometimes seen at the foot of trees in humid forests.  
The mushrooms on its back-called tochukaso-are not present on infant specimens and instead emerge as Paras matures.  
Stunning find!

> Hey, look what I caught - GOLEM! It's got quite a JOLLY nature.  
According to my POKéDEX, it's Lv. 40 and knows NATURAL-GIFT, STEALTH-ROCK, FOCUS-BLAST, and METRONOME  
Nice, its ability is SAND-VEIL!  
The description from the POKéDEX states:  
\* The rocklike shell is shed each year. The cast-off shell then crumbles, reverting to a mass of soil, which can be spread across fields to promote crop growth.  
Fascinating find!

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?  
According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 19 POKéMON and of that number I have CAUGHT 16 POKéMON.  
That is 5% of the way there in terms of POKéMON SEEN!  
A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.

> I decided to enter a forest on a nearby route to look for new POKéMON. So eerie...

> Hey, look what I caught - ABRA! It's got quite a CALM nature.  
According to my POKéDEX, it's Lv. 38 and knows FOCUS-PUNCH, PSYCHIC-TERRAIN, TAKE-DOWN, and FRUSTRATION  
Nice, its ability is MAGIC-GUARD!  
The description from the POKéDEX states:  
\* Spends 18 hours of the day sleeping. Even while asleep, Abra can control its psychic powers—should danger approach, the Pokémon will simply teleport away.  
Monumental find!

> I found VILEPLUME! It appears to be Lv. 27 with the moves SLEEP-TALK, STUN-SPORE, SUNNY-DAY, and STUN-SPORE  
It has a HARDY nature, with the ability EFFECT-SPORE.  
Here's what the POKéDEX has to say about it:  
\* The larger its petals, the more toxic pollen it contains. Its big head is heavy and hard to hold up.  
So astonishing!

> Hey, look what I caught - ABSOL! It's got quite a MODEST nature.  
According to my POKéDEX, it's Lv. 41 and knows TOXIC, SNORE, SUNNY-DAY, and PLAY-ROUGH

Nice, its ability is JUSTIFIED!  
The description from the POKÉDEX states:  
\* Because of this Pokémon's ability to detect danger, people mistook Absol as a bringer of doom.  
Moving find!

> I found STARMIE! It appears to be Lv. 28 with the moves RECOVER, FLASH-CANNON, POWER-GEM, and ENDURE  
It has a BOLD nature, with the ability ANALYTIC.  
Here's what the POKÉDEX has to say about it:  
\* Starmie swims by spinning its body at high speed.  
As this Pokémon cruises through the ocean, it absorbs tiny plankton.  
So enthralling!

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> I found CHINCHOU! It appears to be Lv. 2 with the moves SIGNAL-BEAM, CHARGE, CONFUSE-RAY, and SURF  
It has a NAUGHTY nature, with the ability WATER-ABSORB.  
Here's what the POKÉDEX has to say about it:  
\* On the dark ocean floor, its only means of communication is its constantly flashing lights.  
So staggering!

> I ended up looking inside a damp, dark cave for new POKÉMON. Should've brought an escape rope!

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh, crisp air!

> Whoa, you won't believe it; I stumbled across LOUDRED! And it's got the ability SOUNDPROOF!  
Apparently it is Lv. 54 and has a IMPISH nature. Seems to know INCINERATE, BITE, THUNDER-PUNCH, and POWER-UP-PUNCH!  
Oh, and here's what the POKÉDEX says:  
\* The force of this Pokémon's loud voice isn't just the sound—it's also the wave of air pressure that blows opponents away and damages them.  
Score! Just stellar.

> Hey, look what I caught - GOLDEEN! It's got quite a BOLD nature.  
According to my POKÉDEX, it's Lv. 43 and knows SWORDS-DANCE, AQUA-RING, AQUA-TAIL, and SUPERSONIC  
Nice, its ability is WATER-VEIL!  
The description from the POKÉDEX states:  
\* Its dorsal and pectoral fins are strongly developed like muscles. It can swim at a speed of five knots.  
Incredible find!

> Whoa, you won't believe it; I stumbled across SILCOON! And it's got the ability SHED-SKIN!  
Apparently it is Lv. 97 and has a NAIVE nature. Seems to know HARDEN, ELECTROWEB, BUG-BITE, and BUG-BITE!  
Oh, and here's what the POKÉDEX says:  
\* Wraps itself in thin strings of silk while it stores energy for evolution. It can't extend its limbs and its movement is slow,

but its eyes keep a sharp lookout—Silcoon is always on guard.  
Score! Just glorious.

> I found SHIFTRY! It appears to be Lv. 79 with the moves SPITE, GRASS-KNOT, POWER-UP-PUNCH, and GRASS-KNOT  
It has a QUIRKY nature, with the ability PICKPOCKET.  
Here's what the POKéDEX has to say about it:  
\* It lives quietly in the deep forest. It is said to create chilly winter winds with the fans it holds.  
So superior!

> I found DRATINI! It appears to be Lv. 26 with the moves DRAGON-BREATH, IRON-TAIL, CONFIDE, and CAPTIVATE  
It has a SASSY nature, with the ability MARVEL-SCALE.  
Here's what the POKéDEX has to say about it:  
\* This Pokémon was long considered to be no more than a myth. The small lump on a Dratini's forehead is actually a horn that's still coming in.  
So superior!

> Hey, look what I caught - CUBONE! It's got quite a RASH nature.  
According to my POKéDEX, it's Lv. 21 and knows IRON-HEAD, BRICK-BREAK, LEER, and BONE-RUSH  
Nice, its ability is ROCK-HEAD!  
The description from the POKéDEX states:  
\* This Pokémon wears the skull of its deceased mother. Sometimes Cubone's dreams make it cry, but each tear Cubone sheds makes it stronger.  
Humbling find!

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> Hey, look what I caught - MACHOKE! It's got quite a QUIET nature.  
According to my POKéDEX, it's Lv. 69 and knows ROCK-SLIDE, MUD-SLAP, ATTRACT, and WAKE-UP-SLAP  
Nice, its ability is GUTS!  
The description from the POKéDEX states:  
\* A sturdy creature boasting a robust physique and boundless stamina. Loves training above all else and voluntarily assists with tasks such as construction and clearing land.  
Stellar find!

> I went to the POKéMART to stock back up on potions and POKéBALLS. Always be prepared!

> Hey, look what I caught - KANGASKHAN! It's got quite a HASTY nature.  
According to my POKéDEX, it's Lv. 28 and knows ICE-BEAM, ICE-PUNCH, AERIAL-ACE, and TRUMP-CARD  
Nice, its ability is EARLY-BIRD!  
The description from the POKéDEX states:  
\* There are records of a lost human child being raised by a childless Kangaskhan.  
Out of this world find!

> Hey, look what I caught - VENUSAUR! It's got quite a SERIOUS nature.

According to my POKéDEX, it's Lv. 62 and knows BIDE, CHARM, HYPER-BEAM, and SUNNY-DAY

Nice, its ability is OVERGROW!

The description from the POKéDEX states:

\* A bewitching aroma wafts from its flower.

The fragrance becalms those engaged  
in a battle.

Superb find!

> I found DUGTRIO! It appears to be Lv. 14 with the moves SAND-TOMB, FRUSTRATION, BIDE, and BODY-SLAM

It has a BASHFUL nature, with the ability SAND-FORCE.

Here's what the POKéDEX has to say about it:

\* These Diglett triplets dig over 60 miles below sea level. No one knows what it's like underground.

So noteworthy!

> I found ELECTRODE! It appears to be Lv. 31 with the moves TELEKINESIS, REST, SHOCK-WAVE, and HEADBUTT

It has a ADAMANT nature, with the ability SOUNDPROOF.

Here's what the POKéDEX has to say about it:

\* The tissue on the surface of its body is curiously similar in composition to an Apricorn. When irritated, this Pokémon lets loose an electric current equal to 20 lightning bolts.

So stellar!

> Hey, look what I caught - POLIWHIRL! It's got quite a NAIVE nature.

According to my POKéDEX, it's Lv. 86 and knows LOW-KICK, CAPTIVATE, WAKE-UP-SLAP, and ICE-BEAM

Nice, its ability is DAMP!

The description from the POKéDEX states:

\* This Pokémon's sweat is a slimy mucus. When captured, Poliwhirl can slither from its enemies' grasp and escape.

Jaw-dropping find!

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 36 POKéMON and of that number I have CAUGHT 33 POKéMON.

That is 10% of the way there in terms of POKéMON SEEN!

A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.

- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh, crisp air!

> Whoa, you won't believe it; I stumbled across REGIROCK! And it's got the ability STURDY!

Apparently it is Lv. 12 and has a LAX nature. Seems to know ANCIENT-POWER, ROCK-POLISH, FOCUS-BLAST, and STONE-EDGE!

Oh, and here's what the POKÉDEX says:

\* Cutting-edge technology was used to study the internals of this Pokémon's rock body, but nothing was found—not even a brain or a heart.  
Score! Just excellent.

> Whoa, you won't believe it; I stumbled across NIDOQUEEN! And it's got the ability POISON-POINT!

Apparently it is Lv. 29 and has a HASTY nature. Seems to know BITE, HELPING-HAND, RAGE, and OUTRAGE!

Oh, and here's what the POKÉDEX says:

\* It pacifies offspring by placing them in the gaps between the spines on its back. The spines will never secrete poison while young are present.  
Score! Just glorious.

> Shoot! I nearly caught a POLIWAG, but it got away. Better luck next time...

> Whoa, you won't believe it; I stumbled across VOLBEAT! And it's got the ability ILLUMINATE!

Apparently it is Lv. 40 and has a GENTLE nature. Seems to know GIGA-DRAIN, ATTRACT, CAPTIVATE, and STRUGGLE-BUG!

Oh, and here's what the POKÉDEX says:

\* Volbeat's tail glows like a lightbulb. With other Volbeat, it uses its tail to draw geometric shapes in the night sky. This Pokémon loves the sweet aroma given off by Illumise.  
Score! Just unbelievable.

> Whoa, you won't believe it; I stumbled across EXEGGUTOR! And it's got the ability HARVEST!

Apparently it is Lv. 97 and has a JOLLY nature. Seems to know WOOD-HAMMER, NIGHTMARE, MIMIC, and HYPNOSIS!

Oh, and here's what the POKÉDEX says:



\* When they work together, Exeggutor's three heads can put out powerful psychic energy. Cloudy days make this Pokémon sluggish. Score! Just monumental.

> Hey, look what I caught - METAPOD! It's got quite a DOCILE nature. According to my POKéDEX, it's Lv. 20 and knows STRING-SHOT, IRON-DEFENSE, BUG-BITE, and HARDEN  
Nice, its ability is SHED-SKIN!  
The description from the POKéDEX states:  
\* Even though it is encased in a sturdy shell, the body inside is tender. It can't withstand a harsh attack.  
Spectacular find!

> Hey, look what I caught - WEEDLE! It's got quite a MODEST nature. According to my POKéDEX, it's Lv. 65 and knows BUG-BITE, BUG-BITE, BUG-BITE, and BUG-BITE  
Nice, its ability is RUN-AWAY!  
The description from the POKéDEX states:  
\* Beware of the sharp stinger on its head. It hides in grass and bushes where it eats leaves.  
Noteworthy find!

> Hey, look what I caught - RATICATE! It's got quite a JOLLY nature. According to my POKéDEX, it's Lv. 72 and knows CHARGE-BEAM, SCARY-FACE, SUNNY-DAY, and DOUBLE-TEAM  
Nice, its ability is GUTS!  
The description from the POKéDEX states:  
\* Its hind feet are webbed. They act as flippers, so it can swim in rivers and hunt for prey.  
Stunning find!

> Hey, look what I caught - ELECTABUZZ! It's got quite a CAREFUL nature. According to my POKéDEX, it's Lv. 40 and knows DOUBLE-EDGE, BIDE, RETURN, and LEER  
Nice, its ability is STATIC!  
The description from the POKéDEX states:  
\* Feeds on electrical energy. During sudden showers beneath looming thunderclouds, one can observe Electabuzz scaling tall trees, where the Pokémon will then wait for lightning to strike.  
Breathtaking find!

> I went to the POKéMART to stock back up on potions and POKéBALLS. Always be prepared!

> I found WAILMER! It appears to be Lv. 56 with the moves SWAGGER, HYDRO-PUMP, DEFENSE-CURL, and EARTHQUAKE  
It has a TIMID nature, with the ability PRESSURE.  
Here's what the POKéDEX has to say about it:  
\* When it sucks in a large volume of seawater, it becomes like a big, bouncy ball. It eats a ton of food daily.  
So stupefying!

> Whoa, you won't believe it; I stumbled across SURSKIT! And it's got the ability RAIN-DISH!  
Apparently it is Lv. 55 and has a NAUGHTY nature. Seems to know FRUSTRATION, WATER-SPORT, BATON-PASS, and HAZE!  
Oh, and here's what the POKéDEX says:

\* It lives in ponds and marshes that feature lots of plant life. It often fights with Dewpider, whose habitat and diet are similar.  
Score! Just exciting.

> Hey, look what I caught - TENTACRUEL! It's got quite a DOCILE nature. According to my POKéDEX, it's Lv. 15 and knows CORROSIVE-GAS, SCALD, SLUDGE-WAVE, and CROSS-POISON

Nice, its ability is LIQUID-OOZE!

The description from the POKéDEX states:

\* It has 80 tentacles, each with a venomous tip. These tentacles are also extendible, lengthening when Tentacruel attempts to catch prey. Use caution.

Impressive find!

> Hey, look what I caught - GOREBYSS! It's got quite a QUIRKY nature. According to my POKéDEX, it's Lv. 96 and knows PSYCHIC, SWIFT, GIGA-IMPACT, and SWIFT

Nice, its ability is HYDRATION!

The description from the POKéDEX states:

\* It sucks bodily fluids out of its prey. The leftover meat sinks to the seafloor, where it becomes food for other Pokémon.

Incredible find!

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> I took a stroll down a nice route full of people and POKéMON - I love the fresh, crisp air!

> Whoa, you won't believe it; I stumbled across SNORUNT! And it's got the ability INNER-FOCUS!

Apparently it is Lv. 83 and has a HASTY nature. Seems to know SUBSTITUTE, MIMIC, SNORE, and SWAGGER!

Oh, and here's what the POKéDEX says:

\* Arrives alongside the first snow. It's thought that homes Snorunt visit will prosper for many generations. By tradition, one might offer a lump of ice made from pure water at one's front door.

Score! Just impressive.

> Hey, look what I caught - ALTARIA! It's got quite a RELAXED nature.

According to my POKéDEX, it's Lv. 69 and knows RETURN, PSYCH-UP, TOXIC, and STEEL-WING

Nice, its ability is CLOUD-NINE!

The description from the POKéDEX states:

\* This Pokémon has a kind disposition, but if it's provoked, it will threaten opponents with shrill cries before attacking them without mercy.

Fab find!

> Whoa, you won't believe it; I stumbled across PIDGEOTTO! And it's got the ability BIG-PECKS!

Apparently it is Lv. 65 and has a BOLD nature. Seems to know RAIN-DANCE, HEAT-WAVE, CONFIDE, and MIMIC!

Oh, and here's what the POKéDEX says:

\* This Pokémon is full of vitality. It constantly flies around its large territory in search of prey.

Score! Just remarkable.

> I found PLUSLE! It appears to be Lv. 72 with the moves ENDURE, DISCHARGE, ECHOED-VOICE, and AGILITY

It has a ADAMANT nature, with the ability PLUS.

Here's what the POKéDEX has to say about it:

\* When Plusle is cheering on its partner, it flashes with electric sparks from all over its body. If its partner loses, this Pokémon cries loudly.

So breathtaking!

> Hey, look what I caught - GIRAFARIG! It's got quite a GENTLE nature.

According to my POKéDEX, it's Lv. 8 and knows REST, ATTRACT, DOUBLE-EDGE, and SNORE  
Nice, its ability is INNER-FOCUS!

The description from the POKéDEX states:

\* Girafarig's rear head contains a tiny brain that is too small for thinking. However, the rear head doesn't need to sleep, so it can keep watch over its surroundings 24 hours a day.

Sublime find!

> I found ZAPDOS! It appears to be Lv. 38 with the moves ANCIENT-POWER, LIGHT-SCREEN, BRAVE-BIRD, and BATON-PASS

It has a GENTLE nature, with the ability STATIC.

Here's what the POKéDEX has to say about it:

\* Zapdos is a legendary bird Pokémon. It's said that when Zapdos rubs its feathers together, lightning will fall immediately after.

So eye-opening!

> Whoa, you won't believe it; I stumbled across TROPIUS! And it's got the ability CHLOROPHYLL!

Apparently it is Lv. 37 and has a CALM nature. Seems to know ENDURE, WHIRLWIND, TAILWIND, and ROCK-SMASH!

Oh, and here's what the POKéDEX says:

\* Bunches of delicious fruit grow around its neck.

In warm areas, many ranches raise Tropius.

Score! Just heart-stopping.

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 56 POKéMON and of that number I have CAUGHT 52 POKéMON.

That is 15% of the way there in terms of POKéMON SEEN!

A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.

- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.

> I found JYNX! It appears to be Lv. 19 with the moves PSYSHOCK, REFLECT, TRICK, and ROUND

It has a NAIVE nature, with the ability DRY-SKIN.

Here's what the POKéDEX has to say about it:

\* The Jynx of Galar often have beautiful and delicate voices. Some of these Pokémon have even gathered a fan base.  
So unbelievable!

> Whoa, you won't believe it; I stumbled across WHISCASH! And it's got the ability ANTICIPATION!

Apparently it is Lv. 55 and has a GENTLE nature. Seems to know SURF, ENDURE, WATER-SPORT, and CONFIDE!

Oh, and here's what the POKéDEX says:

\* Strikes its caudal fin against the swamp bed to shake the ground and startle its prey. It will then swallow the fleeing prey whole. People mistook this behavior as the cause of earthquakes.  
Score! Just fantabulous.

> Whoa, you won't believe it; I stumbled across METANG! And it's got the ability

LIGHT-METAL!

Apparently it is Lv. 34 and has a HASTY nature. Seems to know RETURN, SHADOW-BALL, ZEN-HEADBUTT, and PSYCH-UP!

Oh, and here's what the POKÉDEX says:

\* Using magnetic forces to stay aloft, this Pokémon flies at high speeds, weaving through harsh mountain terrain in pursuit of prey.

Score! Just magical.

> Whoa, you won't believe it; I stumbled across FEEBAS! And it's got the ability OBLIVIOUS!

Apparently it is Lv. 58 and has a CALM nature. Seems to know ICY-WIND, BRINE, MUDDY-WATER, and DOUBLE-EDGE!

Oh, and here's what the POKÉDEX says:

\* It is a shabby and ugly Pokémon. However, it is very hardy and can survive on little water.

Score! Just humbling.

> Whoa, you won't believe it; I stumbled across SKARMORY! And it's got the ability KEEN-EYE!

Apparently it is Lv. 6 and has a TIMID nature. Seems to know STEEL-WING, SUNNY-DAY, METAL-SOUND, and SLEEP-TALK!

Oh, and here's what the POKÉDEX says:

\* People fashion swords from Skarmory's shed feathers, so this Pokémon is a popular element in heraldic designs.

Score! Just glorious.

> Hey, look what I caught - SKITTY! It's got quite a ADAMANT nature.

According to my POKÉDEX, it's Lv. 88 and knows TOXIC, COSMIC-POWER, RETALIATE, and FLASH

Nice, its ability is NORMALIZE!

The description from the POKÉDEX states:

\* Skitty is known to chase around playfully after its own tail.

In the wild, this Pokémon lives in holes in the trees of forests.

It is very popular as a pet because of its adorable looks.

Superior find!

> I ended up looking inside a damp, dark cave for new POKÉMON. Should've brought an escape rope!

> Hey, look what I caught - NIDORINA! It's got quite a SERIOUS nature.

According to my POKÉDEX, it's Lv. 36 and knows REFLECT, SUPER-FANG, SNORE, and POISON-FANG

Nice, its ability is POISON-POINT!

The description from the POKÉDEX states:

\* If the group is threatened, these Pokémon will band together to assault enemies with a chorus of ultrasonic waves.

Rare find!

> Shoot! I nearly caught a LOMBRE, but it got away. Better luck next time...

> I ended up looking inside a damp, dark cave for new POKÉMON. Should've brought an escape rope!

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> Hey, look what I caught - TENTACOOL! It's got quite a TIMID nature. According to my POKéDEX, it's Lv. 56 and knows BUBBLE, ACID-SPRAY, FRUSTRATION, and SNORE

Nice, its ability is RAIN-DISH!

The description from the POKéDEX states:

\* They fire beams from the glassy, magenta orbs that resemble eyes atop their heads, and they drift in shallow seas. During low tide, they can sometimes be found on beaches, desiccated.

Stupendous find!

> I found ARON! It appears to be Lv. 16 with the moves SUBSTITUTE, CURSE, ATTRACT, and BODY-PRESS

It has a MILD nature, with the ability ROCK-HEAD.

Here's what the POKéDEX has to say about it:

\* When Aron evolves, its steel armor peels off. In ancient times, people would collect Aron's shed armor and make good use of it in their daily lives.

So dazzling!

> Whoa, you won't believe it; I stumbled across WHISMUR! And it's got the ability SOUNDPROOF!

Apparently it is Lv. 57 and has a MILD nature. Seems to know SECRET-POWER, ENDEAVOR, POUND, and ICY-WIND!

Oh, and here's what the POKéDEX says:

\* When Whismur cries, the sound of its own voice startles it, making the Pokémon cry even louder. It cries until it's exhausted, then it falls asleep.

Score! Just super.

> Whoa, you won't believe it; I stumbled across MAROWAK! And it's got the ability BATTLE-ARMOR!

Apparently it is Lv. 32 and has a ADAMANT nature. Seems to know STONE-EDGE, MUD-SLAP, BONE-CLUB, and THROAT-CHOP!

Oh, and here's what the POKéDEX says:

\* When this Pokémon evolved, the skull of its mother fused to it. Marowak's temperament also turned vicious at the same time.

Score! Just extraordinary.

> Whoa, you won't believe it; I stumbled across SHROOMISH! And it's got the ability POISON-HEAL!

Apparently it is Lv. 3 and has a CALM nature. Seems to know STUN-SPORE, FLASH, SNATCH, and FAKE-TEARS!

Oh, and here's what the POKéDEX says:

\* If Shroomish senses danger, it shakes its body and scatters spores from the top of its head. This Pokémon's spores are so toxic, they make trees and weeds wilt.

Score! Just mind-blowing.

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> Whoa, you won't believe it; I stumbled across SHELGON! And it's got the ability ROCK-HEAD!

Apparently it is Lv. 54 and has a BASHFUL nature. Seems to know ROUND, MUD-SLAP, BITE, and FLAMETHROWER!

Oh, and here's what the POKéDEX says:

\* Shelgon ignores its hunger entirely, never eating any food. Apparently, Shelgon will evolve once

all its energy stores are used up.  
Score! Just amazing.

> I found AZUMARILL! It appears to be Lv. 37 with the moves MISTY-EXPLOSION, UPROAR, TACKLE, and ROLLOUT  
It has a BOLD nature, with the ability SAP-SIPPER.  
Here's what the POKéDEX has to say about it:  
\* These Pokémon create air-filled bubbles. When Azurill play in rivers, Azumarill will cover them with these bubbles.  
So fabulous!

> Whoa, you won't believe it; I stumbled across GASTLY! And it's got the ability LEVITATE!  
Apparently it is Lv. 13 and has a GENTLE nature. Seems to know SKILL-SWAP, SMOG, KNOCK-OFF, and TRICK-ROOM!  
Oh, and here's what the POKéDEX says:  
\* Gaseous and completely impalpable. Also highly dangerous—inhaling part of its poisonous body will cause one to faint instantly.  
Score! Just noteworthy.

> Hey, look what I caught - MAGIKARP! It's got quite a DOCILE nature.  
According to my POKéDEX, it's Lv. 19 and knows SPLASH, FLAIL, TACKLE, and BOUNCE  
Nice, its ability is SWIFT-SWIM!  
The description from the POKéDEX states:  
\* A feeble, pitiful imbecile of a Pokémon that is nonetheless very hardy. Unperturbed by turbid water, it can be found living in all sorts of places.  
Exciting find!

> I decided to enter a forest on a nearby route to look for new POKéMON. So eerie...

> I found BELLOSSOM! It appears to be Lv. 42 with the moves CONFIDE, SEED-BOMB, SNORE, and MIMIC  
It has a QUIET nature, with the ability CHLOROPHYLL.  
Here's what the POKéDEX has to say about it:  
\* Bellossom gather at times and appear to dance.  
They say that the dance is a ritual to summon the sun.  
So incredible!

> Hey, look what I caught - GRIMER! It's got quite a MODEST nature.  
According to my POKéDEX, it's Lv. 85 and knows SPIT-UP, PAIN-SPLIT, DOUBLE-TEAM, and FIRE-BLAST  
Nice, its ability is POISON-TOUCH!  
The description from the POKéDEX states:  
\* Made of congealed sludge. It smells too putrid to touch. Even weeds won't grow in its path.  
Great find!

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?  
According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 75 POKéMON and of that number I have CAUGHT 70 POKéMON.  
That is 21% of the way there in terms of POKéMON SEEN!  
A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.



- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.

> Whoa, you won't believe it; I stumbled across OMANYTE! And it's got the ability WEAK-ARMOR!

Apparently it is Lv. 24 and has a HARDY nature. Seems to know GYRO-BALL, ROCK-THROW, CAPTIVATE, and HAZE!

Oh, and here's what the POKÉDEX says:

\* This Pokémon is a member of an ancient, extinct species. Omanyte paddles through water with its 10 tentacles, looking like it's just drifting along. Score! Just fantabulous.

> Whoa, you won't believe it; I stumbled across MOLTRES! And it's got the ability FLAME-BODY!

Apparently it is Lv. 47 and has a MODEST nature. Seems to know TOXIC, CURSE, HEADBUTT, and ROUND!

Oh, and here's what the POKÉDEX says:

\* There are stories of this Pokémon using its radiant, flame-cloaked wings to light up paths for those lost in the mountains. Score! Just moving.

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be prepared!

> I found WIGGLYTUFF! It appears to be Lv. 8 with the moves DAZZLING-GLEAM, TAKE-DOWN, BUBBLE-BEAM, and FIRE-BLAST

It has a QUIRKY nature, with the ability CUTE-CHARM.

Here's what the POKÉDEX has to say about it:

\* It's proud of its fur, which is fine and delicate. In particular, the curl on its forehead has a texture that's perfectly heavenly. So fantastical!

> Hey, look what I caught - MUK! It's got quite a TIMID nature.

According to my POKÉDEX, it's Lv. 87 and knows FOCUS-PUNCH, VENOSHOCK, TORMENT, and BELCH

Nice, its ability is STICKY-HOLD!

The description from the POKÉDEX states:

\* Smells so awful, it can cause fainting. Through degeneration of its nose, it lost its sense of smell. Breathtaking find!

> Whoa, you won't believe it; I stumbled across ALAKAZAM! And it's got the ability MAGIC-GUARD!

Apparently it is Lv. 89 and has a MILD nature. Seems to know FOUL-PLAY, TELEPORT, SIGNAL-BEAM, and THUNDER-WAVE!

Oh, and here's what the POKéDEX says:

\* The longer Alakazam lives, the larger and heavier its head becomes. Our tests have shown that the strength of its psychic powers correlates positively to the weight of its head.  
Score! Just striking.

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> I found GARDEVOIR! It appears to be Lv. 66 with the moves FIRE-PUNCH, SUNNY-DAY, SUNNY-DAY, and SWAGGER

It has a SERIOUS nature, with the ability SYNCHRONIZE.

Here's what the POKéDEX has to say about it:

\* It will dedicate itself to defending a master it has come to adore. Its pure white dress, reminiscent of those worn by ladies of nobility, is the dress of one who is willing to risk their life.  
So terrific!

> Whoa, you won't believe it; I stumbled across RELICANTH! And it's got the ability SWIFT-SWIM!

Apparently it is Lv. 38 and has a GENTLE nature. Seems to know SLEEP-TALK, ROCK-TOMB, AQUA-TAIL, and SCALD!

Oh, and here's what the POKéDEX says:

\* This Pokémon was discovered during deep-sea exploration. Its appearance hasn't changed in 100,000,000 years, so it's called a living fossil.  
Score! Just breathtaking.

> I found CASTFORM! It appears to be Lv. 19 with the moves ENERGY-BALL, MIMIC, FIRE-BLAST, and DISABLE

It has a ADAMANT nature, with the ability FORECAST.

Here's what the POKéDEX has to say about it:

\* Its form changes depending on the weather.

The rougher conditions get, the rougher

Castform's disposition!

So tremendous!

> Hey, look what I caught - CASCOON! It's got quite a SERIOUS nature.

According to my POKéDEX, it's Lv. 69 and knows BUG-BITE, HARDEN, IRON-DEFENSE, and HARDEN

Nice, its ability is SHED-SKIN!

The description from the POKéDEX states:

\* The silk coating its body is thin but sufficiently strong. Cascoon's silk has a luster and texture superior to that of Silcoon's, and clothes made using Cascoon silk are regarded as top-notch.  
Exciting find!

> Whoa, you won't believe it; I stumbled across SANDSHREW! And it's got the ability SAND-RUSH!

Apparently it is Lv. 47 and has a QUIRKY nature. Seems to know SECRET-POWER, FURY-SWIPES, CUT, and FLAIL!

Oh, and here's what the POKéDEX says:

\* It burrows into the ground to create its nest. If hard stones impede its tunneling, it uses its sharp claws to shatter them and then carries on digging.

Score! Just dazzling.

> I found NINETALES! It appears to be Lv. 4 with the moves CONFUSE-RAY, WEATHER-BALL, ROUND, and TAIL-WHIP

It has a CALM nature, with the ability FLASH-FIRE.

Here's what the POKéDEX has to say about it:

\* The coat of gleaming golden fur is quite magnificent.

This species is said to store sacred power in its nine long tails and to live for a millennium.

So humbling!

> Hey, look what I caught - OMASTAR! It's got quite a TIMID nature.

According to my POKéDEX, it's Lv. 73 and knows ENDURE, SHELL-SMASH, TOXIC-SPIKES, and CONSTRICT

Nice, its ability is WEAK-ARMOR!

The description from the POKéDEX states:

\* Omastar's sharp fangs could crush rock, but the Pokémon can attack only the prey that come within reach of its tentacles.

Stunning find!

> Hey, look what I caught - PICHU! It's got quite a GENTLE nature.

According to my POKéDEX, it's Lv. 39 and knows COUNTER, LUCKY-CHANT, REST, and VOLT-TACKLE

Nice, its ability is STATIC!

The description from the POKéDEX states:

\* Pichu stores electricity in the sacs on its cheeks but discharges it inadvertently when agitated or excited. Being yet immature, the Pokémon's handling of electricity is rather inept.

Super find!

> I found SNORLAX! It appears to be Lv. 77 with the moves SELF-DESTRUCT, CHARM, SHOCK-WAVE, and CHARM

It has a QUIRKY nature, with the ability IMMUNITY.

Here's what the POKéDEX has to say about it:

\* This glutton appears in villages without warning and devours the entirety of their rice granaries—such occurrences have long been counted among the gravest of disasters.

So unbelievable!

> Whoa, you won't believe it; I stumbled across BEEDRILL! And it's got the ability SNIPER!

Apparently it is Lv. 36 and has a SERIOUS nature. Seems to know STRING-SHOT, STRUGGLE-BUG, OUTRAGE, and STRING-SHOT!

Oh, and here's what the POKéDEX says:

\* It has three poisonous stingers on its forelegs and its tail. They are used to jab its enemy repeatedly.

Score! Just remarkable.

> Hey, look what I caught - MEOWTH! It's got quite a BASHFUL nature.

According to my POKéDEX, it's Lv. 15 and knows BITE, ECHOED-VOICE, HEADBUTT, and IRON-TAIL

Nice, its ability is UNNERVE!

The description from the POKéDEX states:

\* It loves to collect shiny things. If it's in a good mood, it might even let its Trainer have a look at its hoard of treasures.

Exciting find!

> I found MACHAMP! It appears to be Lv. 37 with the moves INCINERATE, THUNDER-PUNCH, CROSS-POISON, and TAKE-DOWN

It has a CAREFUL nature, with the ability STEADFAST.

Here's what the POKÉDEX has to say about it:

\* In close combat, its four arms afford it offensive and defensive supremacy. In but a blink, this valiant Pokémon can overwhelm its foes with more than 1,000 blows from its fists.  
So rare!

> Whoa, you won't believe it; I stumbled across CLAYDOL! And it's got the ability LEVITATE!

Apparently it is Lv. 14 and has a TIMID nature. Seems to know CONFUSION, SLEEP-TALK, HEAL-BLOCK, and SKILL-SWAP!

Oh, and here's what the POKÉDEX says:

\* It appears to have been born from clay dolls made by ancient people. It uses telekinesis to float and move.

Score! Just glorious.

> I found PARASECT! It appears to be Lv. 51 with the moves CURSE, THROAT-CHOP, SLEEP-POWDER, and DOUBLE-TEAM

It has a BOLD nature, with the ability DAMP.

Here's what the POKÉDEX has to say about it:

\* Mushroom-lacking specimens of this Pokémon lie unmoving in the forest, lending credence to the hypothesis that the large mushroom is in control of Parasect's actions.

So terrific!

> I decided to enter a forest on a nearby route to look for new POKÉMON. So eerie...

> Whoa, you won't believe it; I stumbled across BALTOY! And it's got the ability LEVITATE!

Apparently it is Lv. 32 and has a SASSY nature. Seems to know ZEN-HEADBUTT, SUNNY-DAY, SOLAR-BEAM, and PSYCH-UP!

Oh, and here's what the POKÉDEX says:

\* It was discovered in ancient ruins. While moving, it constantly spins. It stands on one foot even when asleep.

Score! Just uncommon.

> Hey, look what I caught - TANGELA! It's got quite a BRAVE nature.

According to my POKÉDEX, it's Lv. 69 and knows THIEF, SNORE, FRUSTRATION, and SWORDS-DANCE

Nice, its ability is LEAF-GUARD!

The description from the POKÉDEX states:

\* It is cloaked entirely in blue vines, preventing any glimpse of its true identity. The vines impart a refreshing sensation when chewed—they're useful as a spice.

Astounding find!

> Time to check in with my POKÉDEX progress. How many POKÉMON have I caught versus how many I've seen?

According to my POKÉDEX, out of 353 POKÉMON in the region, I have SEEN 96 POKÉMON and of that number I have CAUGHT 91 POKÉMON.

That is 27% of the way there in terms of POKÉMON SEEN!

A quick look inside my PC boxes show the following list of POKÉMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.

- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.

- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHOP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> I found LAPRAS! It appears to be Lv. 74 with the moves RAIN-DANCE, FROST-BREATH, SUBSTITUTE, and BUBBLE-BEAM

It has a LONELY nature, with the ability SHELL-ARMOR.

Here's what the POKÉDEX has to say about it:

\* Crossing icy seas is no issue for this cold-resistant Pokémon. Its smooth skin is a little cool to the touch. So intense!

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be prepared!

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> I found COMBUSKEN! It appears to be Lv. 53 with the moves ROCK-SMASH, DOUBLE-TEAM, MUD-SLAP, and SUBSTITUTE

It has a CAREFUL nature, with the ability SPEED-BOOST.

Here's what the POKÉDEX has to say about it:

\* Combusken battles with the intensely hot flames it spews from its beak and with outstandingly destructive kicks. This Pokémon's cry is very loud and distracting. So amazing!

> I found METAGROSS! It appears to be Lv. 82 with the moves PURSUIT, MUD-SLAP, CONFIDE, and SANDSTORM

It has a JOLLY nature, with the ability LIGHT-METAL.

Here's what the POKÉDEX has to say about it:

\* Metagross is the result of the fusion of two

Metang. This Pokémon defeats its opponents

through use of its supercomputer-level brain.

So miraculous!

> I found ZUBAT! It appears to be Lv. 45 with the moves LEECH-LIFE, ZEN-HEADBUTT, VENOSHOCK, and GIGA-DRAIN

It has a BRAVE nature, with the ability INFILTRATOR.

Here's what the POKÉDEX has to say about it:

\* Makes its home in gloomy caves. Atrophied eyes have left this Pokémon blind, so it scans its surroundings via sound waves that it emits from its mouth as it flies.

So breathtaking!

> I found SCYTHER! It appears to be Lv. 18 with the moves DETECT, LASER-FOCUS, FALSE-SWIPE, and ACROBATICS

It has a HASTY nature, with the ability SWARM.

Here's what the POKÉDEX has to say about it:

\* The large, wickedly sharp scythes on its forearms are truly fearsome weapons. Prey's attempts to flee are unfailingly thwarted by this Pokémon's nimble motions.

So remarkable!

> Whoa, you won't believe it; I stumbled across RATTATA! And it's got the ability HUSTLE!

Apparently it is Lv. 37 and has a IMPISH nature. Seems to know COVET, REST, FRUSTRATION, and HEADBUTT!

Oh, and here's what the POKÉDEX says:

\* Will chew on anything with its fangs. If you see one, you can be certain that 40 more live in the area.

Score! Just unusual.

> I ended up looking inside a damp, dark cave for new POKÉMON. Should've brought an escape rope!

> Whoa, you won't believe it; I stumbled across SLAKING! And it's got the ability TRUANT!

Apparently it is Lv. 99 and has a RASH nature. Seems to know CHIP-AWAY, SEISMIC-TOSS, INCINERATE, and ATTRACT!

Oh, and here's what the POKÉDEX says:

\* Wherever Slaking live, rings of over a yard in diameter appear in grassy fields. They are made by the Pokémon as it eats all the grass within reach while lying prone on the ground.

Score! Just humbling.

> I found ZIGZAGOON! It appears to be Lv. 50 with the moves BELLY-DRUM, FACADE, THUNDER-WAVE, and SHADOW-BALL

It has a BASHFUL nature, with the ability PICKUP.

Here's what the POKÉDEX has to say about it:

\* Zigzagooon that adapted to regions outside Galar acquired this appearance. If you've lost something, this Pokémon can likely find it.

So great!

> Aw, I found a LAIRON but it managed to slip away. It looked strong, too...

> Whoa, you won't believe it; I stumbled across NIDOKING! And it's got the ability RIVALRY!

Apparently it is Lv. 1 and has a LONELY nature. Seems to know TAUNT, SECRET-POWER, HELPING-HAND, and DRAGON-TAIL!

Oh, and here's what the POKéDEX says:

\* Nidoking prides itself on its strength. It's forceful and spirited in battle, making use of its thick tail and diamond-crushing horn.

Score! Just magnificent.

> I found ROSELIA! It appears to be Lv. 25 with the moves LEECH-SEED, SLEEP-POWDER, ENDURE, and SNORE

It has a BOLD nature, with the ability LEAF-GUARD.

Here's what the POKéDEX has to say about it:

\* Though beautiful, it has highly poisonous thorns. There is an old tradition in my homeland wherein one would send these thorns to an opponent to challenge them to a duel.

So moving!

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> I found MIGHTYENA! It appears to be Lv. 57 with the moves ICE-FANG, SLEEP-TALK, HYPER-VOICE, and THROAT-CHOP

It has a IMPISH nature, with the ability MOXIE.

Here's what the POKéDEX has to say about it:

\* Mightyena travel and act as a pack in the wild. The memory of its life in the wild compels the Pokémon to obey only those Trainers that it recognizes to possess superior skill.

So superior!

> Whoa, you won't believe it; I stumbled across HORSEA! And it's got the ability SWIFT-SWIM!

Apparently it is Lv. 16 and has a HARDY nature. Seems to know HYDRO-PUMP, SWIFT, ATTRACT, and RAZOR-WIND!

Oh, and here's what the POKéDEX says:

\* They swim with dance-like motions and cause whirlpools to form. Horsea compete to see which of them can generate the biggest whirlpool.

Score! Just confounding.

> I went to the POKéMART to stock back up on potions and POKéBALLS. Always be prepared!

> Hey, look what I caught - BUTTERFREE! It's got quite a SERIOUS nature. According to my POKéDEX, it's Lv. 94 and knows PSYBEAM, CONFIDE, PSYBEAM, and PROTECT

Nice, its ability is COMPOUND-EYES!

The description from the POKéDEX states:

\* It collects honey every day. It rubs honey onto the hairs on its legs to carry it back to its nest.

Rare find!

> Whoa, you won't believe it; I stumbled across CHARMELEON! And it's got the ability SOLAR-POWER!

Apparently it is Lv. 68 and has a MODEST nature. Seems to know FIRE-BLAST, CURSE,



DRAGON-PULSE, and DRAGON-BREATH!

Oh, and here's what the POKéDEX says:

\* If it becomes agitated during battle, it spouts intense flames, incinerating its surroundings.

Score! Just awe-inspiring.

> Whoa, you won't believe it; I stumbled across STARMIE! And it's got the ability NATURAL-CURE!

Apparently it is Lv. 45 and has a RASH nature. Seems to know RECYCLE, SWIFT, COSMIC-POWER, and TWISTER!

Oh, and here's what the POKéDEX says:

\* Starmie swims by spinning its body at high speed.

As this Pokémon cruises through the ocean, it absorbs tiny plankton.

Score! Just portentous.

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 112 POKéMON and of that number I have CAUGHT 106 POKéMON.

That is 31% of the way there in terms of POKéMON SEEN!

A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.

- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHOP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.

- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.
- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.
- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.
- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.

> I found EXEGGCUTE! It appears to be Lv. 28 with the moves RAGE, MEGA-DRAIN, BARRAGE, and TELEKINESIS

It has a HARDY nature, with the ability CHLOROPHYLL.

Here's what the POKÉDEX has to say about it:

\* These Pokémon get nervous when they're not in a group of six. The minute even one member of the group goes missing, Exeggcute become cowardly. So brilliant!

> I ended up looking inside a damp, dark cave for new POKÉMON. Should've brought an escape rope!

> Despite my best efforts, I wasn't able to catch that NIDORAN-M... Hopefully I find another one!

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> I found VENOMOTH! It appears to be Lv. 24 with the moves MIMIC, HYPER-BEAM, ATTRACT, and RETURN

It has a QUIRKY nature, with the ability SHIELD-DUST.

Here's what the POKÉDEX has to say about it:

\* The powdery scales on its wings are hard to remove from skin. They also contain poison that leaks out on contact. So unbelievable!

> I found SHUPPET! It appears to be Lv. 81 with the moves ROUND, GUNK-SHOT, DAZZLING-GLEAM, and IMPRISON

It has a SASSY nature, with the ability CURSED-BODY.

Here's what the POKÉDEX has to say about it:

\* There's a proverb that says, "Shun the house where Shuppet gather in the growing dusk." So stunning!

> I found FARFETCHD! It appears to be Lv. 53 with the moves ROUND, REVENGE, SIMPLE-BEAM, and STEEL-WING

It has a QUIET nature, with the ability KEEN-EYE.

Here's what the POKÉDEX has to say about it:

\* They use a plant stalk as a weapon, but not all of them use it in the same way. Several distinct styles of stalk fighting have been observed. So wondrous!

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be prepared!

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh, crisp air!

> Hey, look what I caught - GOLDEEN! It's got quite a TIMID nature. According to my POKÉDEX, it's Lv. 95 and knows MUD-SPORT, RAIN-DANCE, SLEEP-TALK, and RAGE

Nice, its ability is LIGHTNING-ROD!

The description from the POKÉDEX states:

\* Its dorsal and pectoral fins are strongly developed like muscles. It can swim at a speed of five knots.

Monumental find!

> Hey, look what I caught - ZANGOOSE! It's got quite a SASSY nature. According to my POKÉDEX, it's Lv. 36 and knows THUNDER, BRICK-BREAK, RETURN, and MIMIC

Nice, its ability is IMMUNITY!

The description from the POKÉDEX states:

\* Zangoose usually stays on all fours, but when angered, it gets up on its hind legs and extends its claws. This Pokémon shares a bitter rivalry with Seviper that dates back over generations.

Enthralling find!

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be prepared!

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be prepared!

> Hey, look what I caught - LICKITUNG! It's got quite a TIMID nature. According to my POKÉDEX, it's Lv. 72 and knows NIGHTMARE, BELCH, ROCK-TOMB, and STRENGTH

Nice, its ability is OWN-TEMPO!

The description from the POKÉDEX states:

\* Wields its long tongue deftly, as though it were an arm.

The Pokémon's viscous saliva, once it has been collected and boiled down, yields a strong and highly useful adhesive.

Excellent find!

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be prepared!

> Hey, look what I caught - LUVDISC! It's got quite a HARDY nature. According to my POKÉDEX, it's Lv. 82 and knows SPLASH, PSYCH-UP, AQUA-RING, and HAIL

Nice, its ability is SWIFT-SWIM!

The description from the POKÉDEX states:

\* Luvdisc makes its home in coral reefs in warm seas. It especially likes sleeping in the space between Corsola's branches.

Fascinating find!

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh,

crisp air!

> Hey, look what I caught - GRUMPIG! It's got quite a CALM nature. According to my POKéDEX, it's Lv. 21 and knows BELCH, SECRET-POWER, HIDDEN-POWER, and RECYCLE

Nice, its ability is GLUTTONY!

The description from the POKéDEX states:

\* Grumpig uses the black pearls on its body to wield its fantastic powers. When it is doing so, it dances bizarrely. This Pokémon's black pearls are valuable as works of art. Astonishing find!

> I found LATIAS! It appears to be Lv. 86 with the moves PSYCH-UP, CALM-MIND, CHARM, and GUARD-SPLIT

It has a MILD nature, with the ability LEVITATE.

Here's what the POKéDEX has to say about it:

\* Latias is highly intelligent and capable of understanding human speech. It is covered with a glass-like down. The Pokémon enfolds its body with its down and refracts light to alter its appearance. So dazzling!

> Whoa, you won't believe it; I stumbled across RAICHU! And it's got the ability LIGHTNING-ROD!

Apparently it is Lv. 99 and has a IMPISH nature. Seems to know GRASS-KNOT, FLING, ROCK-SMASH, and IRON-TAIL!

Oh, and here's what the POKéDEX says:

\* It can discharge bursts of electricity exceeding 100,000 volts—a single strike with that amount of power would incapacitate one of the Copperajah of my homeland. Score! Just radical.

> I went to the POKéMART to stock back up on potions and POKéBALLS. Always be prepared!

> I found HAUNTER! It appears to be Lv. 86 with the moves WONDER-ROOM, SPITE, EXPLOSION, and POISON-GAS

It has a CALM nature, with the ability LEVITATE.

Here's what the POKéDEX has to say about it:

\* This frightful, malevolent spirit can glide through walls, appearing wherever it likes. According to rumor, victims of a Haunter's lick will wither to death day by day. So splendid!

> I went to the POKéMART to stock back up on potions and POKéBALLS. Always be prepared!

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 125 POKéMON and of that number I have CAUGHT 118 POKéMON.

That is 35% of the way there in terms of POKéMON SEEN!

A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.

- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.

- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELTON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHOP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.
- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.
- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.
- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.
- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.
- \* Lv. 28 EXEGGCUTE - CHLOROPHYLL and HARDY nature.
- \* Lv. 24 VENOMOTH - SHIELD-DUST and QUIRKY nature.
- \* Lv. 81 SHUPPET - CURSED-BODY and SASSY nature.
- \* Lv. 53 FARFETCHD - KEEN-EYE and QUIET nature.
- \* Lv. 95 GOLDEEN - LIGHTNING-ROD and TIMID nature.
- \* Lv. 36 ZANGOOSE - IMMUNITY and SASSY nature.
- \* Lv. 72 LICKITUNG - OWN-TEMPO and TIMID nature.
- \* Lv. 82 LUVDISC - SWIFT-SWIM and HARDY nature.
- \* Lv. 21 GRUMPIG - GLUTTONY and CALM nature.
- \* Lv. 86 LATIAS - LEVITATE and MILD nature.
- \* Lv. 99 RAICHU - LIGHTNING-ROD and IMPISH nature.
- \* Lv. 86 HAUNTER - LEVITATE and CALM nature.

> Whoa, you won't believe it; I stumbled across ODDISH! And it's got the ability CHLOROPHYLL!

Apparently it is Lv. 70 and has a JOLLY nature. Seems to know FLASH, TOXIC, PETAL-

DANCE, and FLAIL!

Oh, and here's what the POKéDEX says:

\* During the day, it stays in the cold underground to avoid the sun. It grows by bathing in moonlight.  
Score! Just startling.

> Hey, look what I caught - JOLTEON! It's got quite a SERIOUS nature.

According to my POKéDEX, it's Lv. 85 and knows HEAL-BELL, NATURAL-GIFT, TAKE-DOWN, and TAKE-DOWN

Nice, its ability is VOLT-ABSORB!

The description from the POKéDEX states:

\* Bristles its fur into sharp, needlelike points when enraged.  
One can hear electricity crackle in its breath when it exhales.  
Awe-inspiring find!

> Hey, look what I caught - NINCADA! It's got quite a MODEST nature.

According to my POKéDEX, it's Lv. 100 and knows FURY-CUTTER, SANDSTORM, SHADOW-BALL, and SNORE

Nice, its ability is COMPOUND-EYES!

The description from the POKéDEX states:

\* It can sometimes live underground for more than 10 years. It absorbs nutrients from the roots of trees.  
Bewildering find!

> Whoa, you won't believe it; I stumbled across PHANPY! And it's got the ability PICKUP!

Apparently it is Lv. 50 and has a QUIET nature. Seems to know SNORE, SEED-BOMB, FOCUS-ENERGY, and CURSE!

Oh, and here's what the POKéDEX says:

\* Phanpy uses its long nose to shower itself. When others gather around, they thoroughly douse each other with water. These Pokémon can be seen drying their soaking-wet bodies at the edge of water.  
Score! Just rare.

> I found GOLDDUCK! It appears to be Lv. 46 with the moves PROTECT, AERIAL-ACE, WATER-PULSE, and PSYCH-UP

It has a HASTY nature, with the ability SWIFT-SWIM.

Here's what the POKéDEX has to say about it:

\* Its body is strong, and it has webbing on its hands and feet. Golduck can swim easily through rough seas, clawing its way through the high waves.  
So amazing!

> Whoa, you won't believe it; I stumbled across PINSIR! And it's got the ability MOXIE!

Apparently it is Lv. 27 and has a MILD nature. Seems to know RAIN-DANCE, DIG, HELPING-HAND, and FLING!

Oh, and here's what the POKéDEX says:

\* This Pokémon clamps its pincers down on its prey and then either splits the prey in half or flings it away.  
Score! Just fantastic.

> I found TRAPINCH! It appears to be Lv. 92 with the moves STRENGTH, EARTH-POWER, SOLAR-BEAM, and SCORCHING-SANDS

It has a GENTLE nature, with the ability ARENA-TRAP.

Here's what the POKéDEX has to say about it:



\* It makes an inescapable conical pit and lies in wait at the bottom for prey to come tumbling down.  
So breathtaking!

> Whoa, you won't believe it; I stumbled across SPHEAL! And it's got the ability ICE-BODY!

Apparently it is Lv. 3 and has a RASH nature. Seems to know ROUND, SIGNAL-BEAM, ICY-WIND, and ENCORE!

Oh, and here's what the POKÉDEX says:

\* During the season when drift ice approaches the shore, Spheal prefers living on the ice—where fewer predators lurk—rather than the land. Its fur retains heat superbly and resists harsh cold.  
Score! Just terrific.

> Whoa, you won't believe it; I stumbled across DRAGONAIR! And it's got the ability MARVEL-SCALE!

Apparently it is Lv. 67 and has a SASSY nature. Seems to know BUBBLE-BEAM, SUNNY-DAY, DRAGON-DANCE, and THUNDER!

Oh, and here's what the POKÉDEX says:

\* This Pokémon gathers power in the orbs on its tail and controls the weather. When enshrouded by an aura, Dragonair has a mystical appearance.  
Score! Just wonderful.

> I found VOLTORB! It appears to be Lv. 51 with the moves SECRET-POWER, SHOCK-WAVE, HEADBUTT, and SONIC-BOOM

It has a HARDY nature, with the ability SOUNDPROOF.

Here's what the POKÉDEX has to say about it:

\* An enigmatic Pokémon that happens to bear a resemblance to a Poké Ball. When excited, it discharges the electric current it has stored in its belly, then lets out a great, uproarious laugh.  
So grand!

> Hey, look what I caught - GROWLITHE! It's got quite a JOLLY nature.

According to my POKÉDEX, it's Lv. 54 and knows THRASH, MORNING-SUN, WILL-O-WISP, and SKULL-BASH

Nice, its ability is FLASH-FIRE!

The description from the POKÉDEX states:

\* They patrol their territory in pairs. I believe the igneous rock components in the fur of this species are the result of volcanic activity in its habitat.  
Unreal find!

> Whoa, you won't believe it; I stumbled across VILEPLUME! And it's got the ability EFFECT-SPORE!

Apparently it is Lv. 70 and has a DOCILE nature. Seems to know SUBSTITUTE, GIGA-DRAIN, GRASSY-TERRAIN, and GRASS-KNOT!

Oh, and here's what the POKÉDEX says:

\* The larger its petals, the more toxic pollen it contains. Its big head is heavy and hard to hold up.  
Score! Just miraculous.

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh, crisp air!

> Hey, look what I caught - REGICE! It's got quite a IMPISH nature.

According to my POKÉDEX, it's Lv. 79 and knows FACADE, TOXIC, LOCK-ON, and AMNESIA  
Nice, its ability is CLEAR-BODY!

The description from the POKéDEX states:

\* This Pokémon's body is made of solid ice. It's said that Regice was born beneath thick ice in the ice age.  
Bewildering find!

> Whoa, you won't believe it; I stumbled across IVYSAUR! And it's got the ability OVERGROW!

Apparently it is Lv. 70 and has a TIMID nature. Seems to know SNORE, GIGA-DRAIN, MEGA-DRAIN, and RAZOR-LEAF!

Oh, and here's what the POKéDEX says:

\* Exposure to sunlight adds to its strength.  
Sunlight also makes the bud on its back grow larger.  
Score! Just noteworthy.

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> I decided to go back to the nearest POKéCENTRE and heal up the team. Time to refresh!

> Whoa, you won't believe it; I stumbled across DRAGONITE! And it's got the ability INNER-FOCUS!

Apparently it is Lv. 51 and has a HARDY nature. Seems to know GIGA-IMPACT, DRAGON-RAGE, DRAGON-BREATH, and HURRICANE!

Oh, and here's what the POKéDEX says:

\* This Pokémon is known as the Sea Incarnate.  
Figureheads that resemble Dragonite decorate the bows of many ships.  
Score! Just exhilarating.

> I decided to enter a forest on a nearby route to look for new POKéMON. So eerie...

> I took a stroll down a nice route full of people and POKéMON - I love the fresh, crisp air!

> Despite my best efforts, I wasn't able to catch that RHYDON... Hopefully I find another one!

> I found MAWILE! It appears to be Lv. 16 with the moves INCINERATE, TOXIC, SWEET-SCENT, and PAIN-SPLIT

It has a BOLD nature, with the ability SHEER-FORCE.

Here's what the POKéDEX has to say about it:

\* It chomps with its gaping mouth. Its huge jaws are actually steel horns that have been transformed.  
So enthralling!

> I decided to enter a forest on a nearby route to look for new POKéMON. So eerie...

> Hey, look what I caught - MINUN! It's got quite a HARDY nature.

According to my POKéDEX, it's Lv. 82 and knows FLING, SECRET-POWER, DOUBLE-EDGE, and ATTRACT

Nice, its ability is MINUS!

The description from the POKéDEX states:

\* Minun loves to cheer on its partner in battle. It gives off sparks from its body while it is doing so. If its partner is in trouble,

this Pokémon gives off increasing amounts of sparks.  
Extraordinary find!

> Time to check in with my POKÉDEX progress. How many POKÉMON have I caught versus how many I've seen?

According to my POKÉDEX, out of 353 POKÉMON in the region, I have SEEN 143 POKÉMON and of that number I have CAUGHT 135 POKÉMON.

That is 40% of the way there in terms of POKÉMON SEEN!

A quick look inside my PC boxes show the following list of POKÉMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.

- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOLO - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHOP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.
- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.
- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.
- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.
- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.
- \* Lv. 28 EXEGGCUTE - CHLOROPHYLL and HARDY nature.

- \* Lv. 24 VENOMOTH - SHIELD-DUST and QUIRKY nature.
- \* Lv. 81 SHUPPET - CURSED-BODY and SASSY nature.
- \* Lv. 53 FARFETCHD - KEEN-EYE and QUIET nature.
- \* Lv. 95 GOLDEEN - LIGHTNING-ROD and TIMID nature.
- \* Lv. 36 ZANGOOSE - IMMUNITY and SASSY nature.
- \* Lv. 72 LICKITUNG - OWN-TEMPO and TIMID nature.
- \* Lv. 82 LUVDISC - SWIFT-SWIM and HARDY nature.
- \* Lv. 21 GRUMPIG - GLUTTONY and CALM nature.
- \* Lv. 86 LATIAS - LEVITATE and MILD nature.
- \* Lv. 99 RAICHU - LIGHTNING-ROD and IMPISH nature.
- \* Lv. 86 HAUNTER - LEVITATE and CALM nature.
- \* Lv. 70 ODDISH - CHLOROPHYLL and JOLLY nature.
- \* Lv. 85 JOLTEON - VOLT-ABSORB and SERIOUS nature.
- \* Lv. 100 NINCADA - COMPOUND-EYES and MODEST nature.
- \* Lv. 50 PHANPY - PICKUP and QUIET nature.
- \* Lv. 46 GOLDUCK - SWIFT-SWIM and HASTY nature.
- \* Lv. 27 PINSIR - MOXIE and MILD nature.
- \* Lv. 92 TRAPINCH - ARENA-TRAP and GENTLE nature.
- \* Lv. 3 SPHEAL - ICE-BODY and RASH nature.
- \* Lv. 67 DRAGONAIR - MARVEL-SCALE and SASSY nature.
- \* Lv. 51 VOLTORB - SOUNDPROOF and HARDY nature.
- \* Lv. 54 GROWLITHE - FLASH-FIRE and JOLLY nature.
- \* Lv. 70 VILEPLUME - EFFECT-SPORE and DOCILE nature.
- \* Lv. 79 REGICE - CLEAR-BODY and IMPISH nature.
- \* Lv. 70 IVYSAUR - OVERGROW and TIMID nature.
- \* Lv. 51 DRAGONITE - INNER-FOCUS and HARDY nature.
- \* Lv. 16 MAWILE - SHEER-FORCE and BOLD nature.
- \* Lv. 82 MINUN - MINUS and HARDY nature.

> Whoa, you won't believe it; I stumbled across MAGNETON! And it's got the ability STURDY!

Apparently it is Lv. 66 and has a HARDY nature. Seems to know TRI-ATTACK, SIGNAL-BEAM, STEEL-BEAM, and NATURAL-GIFT!

Oh, and here's what the POKéDEX says:

\* Three Magnemite gathered to evolve into this Pokémon.

The source of much vexation on my part, as its powerful magnetism destroys my research equipment.

Score! Just exciting.

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> Hey, look what I caught - KECLEON! It's got quite a CAREFUL nature.

According to my POKéDEX, it's Lv. 1 and knows PSYCH-UP, REST, CUT, and GRASS-KNOT Nice, its ability is PROTEAN!

The description from the POKéDEX states:

\* Its color changes for concealment and also when its mood or health changes. The darker the color, the healthier it is.

Formidable find!

> Whoa, you won't believe it; I stumbled across PERSIAN! And it's got the ability UNNERVE!

Apparently it is Lv. 69 and has a BASHFUL nature. Seems to know WATER-PULSE, SWAGGER, TAKE-DOWN, and GROWL!

Oh, and here's what the POKéDEX says:

\* Its elegant and refined behavior clashes with that of the barbaric Perrserker. The relationship between the two is one of mutual disdain.

Score! Just exceptional.

> Hey, look what I caught - GROUDON! It's got quite a NAIVE nature.  
According to my POKéDEX, it's Lv. 99 and knows FLING, SWIFT, INCINERATE, and BRUTAL-SWING

Nice, its ability is DROUGHT!

The description from the POKéDEX states:

\* Through Primal Reversion and with nature's full power,  
it will take back its true form. It can cause magma to  
erupt and expand the landmass of the world.

Moving find!

> I found PIDGEOT! It appears to be Lv. 54 with the moves AIR-SLASH, STEEL-WING, U-TURN, and ROUND

It has a QUIET nature, with the ability KEEN-EYE.

Here's what the POKéDEX has to say about it:

\* This Pokémon flies at Mach 2 speed,  
seeking prey. Its large talons are feared  
as wicked weapons.

So noteworthy!

> I decided to go back to the nearest POKéCENTRE and heal up the team. Time to refresh!

> Aw, I found a GLOOM but it managed to slip away. It looked strong, too...

> I took a stroll down a nice route full of people and POKéMON - I love the fresh, crisp air!

> Hey, look what I caught - GOLDDUCK! It's got quite a SASSY nature.  
According to my POKéDEX, it's Lv. 90 and knows FURY-CUTTER, PROTECT, AMNESIA, and SWIFT

Nice, its ability is CLOUD-NINE!

The description from the POKéDEX states:

\* Its body is strong, and it has webbing on its hands and feet.  
Golduck can swim easily through rough seas, clawing its way  
through the high waves.

Humbling find!

> Hey, look what I caught - SEEDOT! It's got quite a BASHFUL nature.  
According to my POKéDEX, it's Lv. 37 and knows AMNESIA, LEECH-SEED, FACADE, and BIDE

Nice, its ability is CHLOROPHYLL!

The description from the POKéDEX states:

\* It attaches itself to a tree branch using the top of  
its head. Strong winds can sometimes make it fall.

Fantabulous find!

> Hey, look what I caught - POOCHYENA! It's got quite a JOLLY nature.  
According to my POKéDEX, it's Lv. 91 and knows TORMENT, THUNDER-FANG, SECRET-POWER, and SNARL

Nice, its ability is RATTLED!

The description from the POKéDEX states:

\* Poochyena is an omnivore—it will eat anything. A distinguishing  
feature is how large its fangs are compared to its body. This  
Pokémon tries to intimidate its foes by making the hair on its  
tail bristle out.

Overwhelming find!

> Shoot! I nearly caught a SWABLU, but it got away. Better luck next time...

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh, crisp air!

> I ended up looking inside a damp, dark cave for new POKÉMON. Should've brought an escape rope!

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> I found SANDSLASH! It appears to be Lv. 14 with the moves PIN-MISSILE, STRENGTH, KNOCK-OFF, and DYNAMIC-PUNCH

It has a BOLD nature, with the ability SAND-RUSH.

Here's what the POKÉDEX has to say about it:

\* It climbs trees by hooking on with its sharp claws.

Sandslash shares the berries it gathers, dropping them down to Sandshrew waiting below the tree.

So monumental!

> I found WURMPLE! It appears to be Lv. 67 with the moves POISON-STING, SNORE, BUG-BITE, and SNORE

It has a HARDY nature, with the ability RUN-AWAY.

Here's what the POKÉDEX has to say about it:

\* Likes sap and is abundant in the wild. Why it evolves into

various different forms is unknown. One cannot tell from a

Wurmple's appearance which form it will take when it evolves.

So stellar!

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh, crisp air!

> Hey, look what I caught - TAILLOW! It's got quite a GENTLE nature.

According to my POKÉDEX, it's Lv. 23 and knows FLY, DEFOG, CAPTIVATE, and QUICK-GUARD

Nice, its ability is GUTS!

The description from the POKÉDEX states:

\* Taillow is young—it has only just left its nest. As a result, it sometimes becomes lonesome and cries at night.

This Pokémon feeds on Wurmples that live in forests.

Excellent find!

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh, crisp air!

> I found DROWZEE! It appears to be Lv. 68 with the moves FOCUS-PUNCH, RECYCLE, MIMIC, and FOUL-PLAY

It has a TIMID nature, with the ability INSOMNIA.

Here's what the POKÉDEX has to say about it:

\* If you sleep by it all the time, it will sometimes show you dreams it had eaten in the past.

So fantastic!

> Whoa, you won't believe it; I stumbled across CAMERUPT! And it's got the ability SOLID-ROCK!

Apparently it is Lv. 85 and has a DOCILE nature. Seems to know DEFENSE-CURL, TACKLE, LAVA-PLUME, and EARTHQUAKE!

Oh, and here's what the POKÉDEX says:

\* The humps on Camerupt's back are formed by a transformation

of its bones. They sometimes blast out molten magma.  
This Pokémon apparently erupts often when it is enraged.  
Score! Just striking.

> I found BLASTOISE! It appears to be Lv. 38 with the moves WATER-PULSE, CURSE, CURSE, and WATER-PLEDGE

It has a SERIOUS nature, with the ability RAIN-DISH.  
Here's what the POKÉDEX has to say about it:

\* The rocket cannons on its shell fire jets of water capable of punching holes through thick steel.  
So humbling!

> Time to check in with my POKÉDEX progress. How many POKÉMON have I caught versus how many I've seen?

According to my POKÉDEX, out of 353 POKÉMON in the region, I have SEEN 159 POKÉMON and of that number I have CAUGHT 149 POKÉMON.

That is 45% of the way there in terms of POKÉMON SEEN!

A quick look inside my PC boxes show the following list of POKÉMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDREO - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.



- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHOP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.
- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.
- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.

- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.
- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.
- \* Lv. 28 EXEGGCUTE - CHLOROPHYLL and HARDY nature.
- \* Lv. 24 VENOMOTH - SHIELD-DUST and QUIRKY nature.
- \* Lv. 81 SHUPPET - CURSED-BODY and SASSY nature.
- \* Lv. 53 FARFETCHD - KEEN-EYE and QUIET nature.
- \* Lv. 95 GOLDEEN - LIGHTNING-ROD and TIMID nature.
- \* Lv. 36 ZANGOOSE - IMMUNITY and SASSY nature.
- \* Lv. 72 LICKITUNG - OWN-TEMPO and TIMID nature.
- \* Lv. 82 LUVDISC - SWIFT-SWIM and HARDY nature.
- \* Lv. 21 GRUMPIG - GLUTTONY and CALM nature.
- \* Lv. 86 LATIAS - LEVITATE and MILD nature.
- \* Lv. 99 RAICHU - LIGHTNING-ROD and IMPISH nature.
- \* Lv. 86 HAUNTER - LEVITATE and CALM nature.
- \* Lv. 70 ODDISH - CHLOROPHYLL and JOLLY nature.
- \* Lv. 85 JOLTEON - VOLT-ABSORB and SERIOUS nature.
- \* Lv. 100 NINCADA - COMPOUND-EYES and MODEST nature.
- \* Lv. 50 PHANPY - PICKUP and QUIET nature.
- \* Lv. 46 GOLDUCK - SWIFT-SWIM and HASTY nature.
- \* Lv. 27 PINSIR - MOXIE and MILD nature.
- \* Lv. 92 TRAPINCH - ARENA-TRAP and GENTLE nature.
- \* Lv. 3 SPHEAL - ICE-BODY and RASH nature.
- \* Lv. 67 DRAGONAIR - MARVEL-SCALE and SASSY nature.
- \* Lv. 51 VOLTORB - SOUNDPROOF and HARDY nature.
- \* Lv. 54 GROWLITHE - FLASH-FIRE and JOLLY nature.
- \* Lv. 70 VILEPLUME - EFFECT-SPORE and DOCILE nature.
- \* Lv. 79 REGICE - CLEAR-BODY and IMPISH nature.
- \* Lv. 70 IVYSAUR - OVERGROW and TIMID nature.
- \* Lv. 51 DRAGONITE - INNER-FOCUS and HARDY nature.
- \* Lv. 16 MAWILE - SHEER-FORCE and BOLD nature.
- \* Lv. 82 MINUN - MINUS and HARDY nature.
- \* Lv. 66 MAGNETON - STURDY and HARDY nature.
- \* Lv. 1 KECLEON - PROTEAN and CAREFUL nature.
- \* Lv. 69 PERSIAN - UNNERVE and BASHFUL nature.
- \* Lv. 99 GROUDON - DROUGHT and NAIVE nature.
- \* Lv. 54 PIDGEOT - KEEN-EYE and QUIET nature.
- \* Lv. 90 GOLDUCK - CLOUD-NINE and SASSY nature.
- \* Lv. 37 SEEDOT - CHLOROPHYLL and BASHFUL nature.
- \* Lv. 91 POOCHYENA - RATTLED and JOLLY nature.
- \* Lv. 14 SANDSLASH - SAND-RUSH and BOLD nature.
- \* Lv. 67 WURMPLE - RUN-AWAY and HARDY nature.
- \* Lv. 23 TAILLOW - GUTS and GENTLE nature.
- \* Lv. 68 DROWZEE - INSOMNIA and TIMID nature.
- \* Lv. 85 CAMERUPT - SOLID-ROCK and DOCILE nature.
- \* Lv. 38 BLASTOISE - RAIN-DISH and SERIOUS nature.

> I decided to enter a forest on a nearby route to look for new POKÉMON. So eerie...

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh, crisp air!

> Whoa, you won't believe it; I stumbled across GEODUDE! And it's got the ability

STURDY!

Apparently it is Lv. 41 and has a QUIRKY nature. Seems to know DOUBLE-EDGE, STRENGTH, SECRET-POWER, and GYRO-BALL!

Oh, and here's what the POKéDEX says:

\* Makes its home in mountainous regions, using its arms to climb along harsh mountain roads. Can be troublesome—carelessly kicking one will cause it to fly into a rage and chase after you. Score! Just superior.

> I found WAILORD! It appears to be Lv. 100 with the moves ROAR, SPLASH, HIDDEN-POWER, and RAIN-DANCE

It has a BRAVE nature, with the ability PRESSURE.

Here's what the POKéDEX has to say about it:

\* Its immense size is the reason for its popularity.

Wailord watching is a favorite sightseeing activity in various parts of the world.

So mind-boggling!

> I went to the POKéMART to stock back up on potions and POKéBALLS. Always be prepared!

> Whoa, you won't believe it; I stumbled across MAGIKARP! And it's got the ability SWIFT-SWIM!

Apparently it is Lv. 40 and has a GENTLE nature. Seems to know TACKLE, TACKLE, TACKLE, and FLAIL!

Oh, and here's what the POKéDEX says:

\* A feeble, pitiful imbecile of a Pokémon that is nonetheless very hardy. Unperturbed by turbid water, it can be found living in all sorts of places.

Score! Just magnificent.

> I decided to enter a forest on a nearby route to look for new POKéMON. So eerie...

> I found DODRIO! It appears to be Lv. 85 with the moves CURSE, SWIFT, CONFIDE, and AIR-CUTTER

It has a BRAVE nature, with the ability RUN-AWAY.

Here's what the POKéDEX has to say about it:

\* One of Doduo's two heads splits to form a unique species. It runs close to 40 mph in prairies.

So exhilarating!

> I found MANKEY! It appears to be Lv. 99 with the moves RETALIATE, FURY-SWIPES, SUBSTITUTE, and ROUND

It has a HASTY nature, with the ability ANGER-POINT.

Here's what the POKéDEX has to say about it:

\* An agile Pokémon that lives in trees. It angers easily and will not hesitate to attack anything.

So radical!

> Hey, look what I caught - MAGNETON! It's got quite a SERIOUS nature.

According to my POKéDEX, it's Lv. 46 and knows SONIC-BOOM, RISING-VOLTAGE, MIMIC, and STEEL-BEAM

Nice, its ability is MAGNET-PULL!

The description from the POKéDEX states:

\* Three Magnemite gathered to evolve into this Pokémon.

The source of much vexation on my part, as its powerful magnetism destroys my research equipment.

Noteworthy find!

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be prepared!

> Whoa, you won't believe it; I stumbled across SEALEO! And it's got the ability ICE-BODY!

Apparently it is Lv. 74 and has a GENTLE nature. Seems to know ENCORE, ROAR, PROTECT, and HIDDEN-POWER!

Oh, and here's what the POKÉDEX says:

\* Its white whiskers are very sensitive. Sealeo will balance Spheal on the tip of its nose, checking its scent and its feel to be sure the Spheal is healthy.

Score! Just out of this world.

> Whoa, you won't believe it; I stumbled across GLOOM! And it's got the ability STENCH!

Apparently it is Lv. 44 and has a DOCILE nature. Seems to know TAKE-DOWN, SYNTHESIS, ATTRACT, and SOLAR-BEAM!

Oh, and here's what the POKÉDEX says:

\* What appears to be drool is actually sweet honey.

It is very sticky and clings stubbornly if touched.

Score! Just fantastical.

> Aw, I found a BARBOACH but it managed to slip away. It looked strong, too...

> Whoa, you won't believe it; I stumbled across MACHOKE! And it's got the ability STEADFAST!

Apparently it is Lv. 13 and has a SERIOUS nature. Seems to know SNORE, BODY-SLAM, ROLE-PLAY, and ICE-PUNCH!

Oh, and here's what the POKÉDEX says:

\* A sturdy creature boasting a robust physique and boundless stamina. Loves training above all else and voluntarily assists with tasks such as construction and clearing land.

Score! Just remarkable.

> Whoa, you won't believe it; I stumbled across MARSHTOMP! And it's got the ability DAMP!

Apparently it is Lv. 67 and has a BASHFUL nature. Seems to know HYDRO-PUMP, TOXIC, GROWL, and ROCK-TOMB!

Oh, and here's what the POKÉDEX says:

\* Marshtomp is much faster at traveling through mud than it is at swimming. This Pokémon's hindquarters exhibit obvious development, giving it the ability to walk on just its hind legs.

Score! Just jaw-dropping.

> Aw, I found a CHARMANDER but it managed to slip away. It looked strong, too...

> I decided to enter a forest on a nearby route to look for new POKÉMON. So eerie...

> I found SHARPEDO! It appears to be Lv. 15 with the moves MIMIC, AVALANCHE, SUPER-FANG, and RAIN-DANCE

It has a SERIOUS nature, with the ability ROUGH-SKIN.

Here's what the POKÉDEX has to say about it:

\* This Pokémon is known as the Bully of the Sea.

Any ship entering the waters Sharpedo calls home will be attacked—no exceptions.

So humbling!

> Hey, look what I caught - HYPNO! It's got quite a BASHFUL nature.  
According to my POKéDEX, it's Lv. 39 and knows TRI-ATTACK, DAZZLING-GLEAM, BARRIER, and TORMENT

Nice, its ability is INNER-FOCUS!

The description from the POKéDEX states:

\* Avoid eye contact if you come across one. It will try to put you to sleep by using its pendulum.

Staggering find!

> I found VOLTORB! It appears to be Lv. 65 with the moves MIRROR-COAT, MIMIC, ELECTRO-BALL, and EXPLOSION

It has a CAREFUL nature, with the ability STATIC.

Here's what the POKéDEX has to say about it:

\* An enigmatic Pokémon that happens to bear a resemblance to a Poké Ball. When excited, it discharges the electric current it has stored in its belly, then lets out a great, uproarious laugh.

So monumental!

> Whoa, you won't believe it; I stumbled across DIGLETT! And it's got the ability ARENA-TRAP!

Apparently it is Lv. 73 and has a NAUGHTY nature. Seems to know FINAL-GAMBIT, WORK-UP, EARTH-POWER, and CAPTIVATE!

Oh, and here's what the POKéDEX says:

\* It burrows through the ground at a shallow depth. It leaves raised earth in its wake, making it easy to spot.

Score! Just miraculous.

> I found GOLEM! It appears to be Lv. 11 with the moves EXPLOSION, MUD-SLAP, FISSURE, and SEISMIC-TOSS

It has a ADAMANT nature, with the ability STURDY.

Here's what the POKéDEX has to say about it:

\* The rocklike shell is shed each year. The cast-off shell then crumbles, reverting to a mass of soil, which can be spread across fields to promote crop growth.

So spectacular!

> Hey, look what I caught - WALREIN! It's got quite a BASHFUL nature.

According to my POKéDEX, it's Lv. 25 and knows ROLLOUT, ROCK-SLIDE, BODY-SLAM, and BRINE

Nice, its ability is THICK-FAT!

The description from the POKéDEX states:

\* Its thick tusks are strong enough to shatter drift ice. They have been known to break, but they will grow back by the next year.

The Hisui region is well known for these broken tusks.

Mind-boggling find!

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 177 POKéMON and of that number I have CAUGHT 165 POKéMON.

That is 50% of the way there in terms of POKéMON SEEN!

A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.

- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.

- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELTON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHOP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.
- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.
- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.
- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.
- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.
- \* Lv. 28 EXEGGCUTE - CHLOROPHYLL and HARDY nature.
- \* Lv. 24 VENOMOTH - SHIELD-DUST and QUIRKY nature.
- \* Lv. 81 SHUPPET - CURSED-BODY and SASSY nature.
- \* Lv. 53 FARFETCHD - KEEN-EYE and QUIET nature.
- \* Lv. 95 GOLDEEN - LIGHTNING-ROD and TIMID nature.
- \* Lv. 36 ZANGOOSE - IMMUNITY and SASSY nature.
- \* Lv. 72 LICKITUNG - OWN-TEMPO and TIMID nature.
- \* Lv. 82 LUVDISC - SWIFT-SWIM and HARDY nature.
- \* Lv. 21 GRUMPIG - GLUTTONY and CALM nature.
- \* Lv. 86 LATIAS - LEVITATE and MILD nature.
- \* Lv. 99 RAICHU - LIGHTNING-ROD and IMPISH nature.
- \* Lv. 86 HAUNTER - LEVITATE and CALM nature.
- \* Lv. 70 ODDISH - CHLOROPHYLL and JOLLY nature.
- \* Lv. 85 JOLTEON - VOLT-ABSORB and SERIOUS nature.
- \* Lv. 100 NINCADA - COMPOUND-EYES and MODEST nature.

- \* Lv. 50 PHANPY - PICKUP and QUIET nature.
- \* Lv. 46 GOLDDUCK - SWIFT-SWIM and HASTY nature.
- \* Lv. 27 PINSIR - MOXIE and MILD nature.
- \* Lv. 92 TRAPINCH - ARENA-TRAP and GENTLE nature.
- \* Lv. 3 SPHEAL - ICE-BODY and RASH nature.
- \* Lv. 67 DRAGONAIR - MARVEL-SCALE and SASSY nature.
- \* Lv. 51 VOLTORB - SOUNDPROOF and HARDY nature.
- \* Lv. 54 GROWLITHE - FLASH-FIRE and JOLLY nature.
- \* Lv. 70 VILEPLUME - EFFECT-SPORE and DOCILE nature.
- \* Lv. 79 REGICE - CLEAR-BODY and IMPISH nature.
- \* Lv. 70 IVYSAUR - OVERGROW and TIMID nature.
- \* Lv. 51 DRAGONITE - INNER-FOCUS and HARDY nature.
- \* Lv. 16 MAWILE - SHEER-FORCE and BOLD nature.
- \* Lv. 82 MINUN - MINUS and HARDY nature.
- \* Lv. 66 MAGNETON - STURDY and HARDY nature.
- \* Lv. 1 KECLEON - PROTEAN and CAREFUL nature.
- \* Lv. 69 PERSIAN - UNNERVE and BASHFUL nature.
- \* Lv. 99 GROUDON - DROUGHT and NAIVE nature.
- \* Lv. 54 PIDGEOT - KEEN-EYE and QUIET nature.
- \* Lv. 90 GOLDDUCK - CLOUD-NINE and SASSY nature.
- \* Lv. 37 SEEDOT - CHLOROPHYLL and BASHFUL nature.
- \* Lv. 91 POOCHYENA - RATTLED and JOLLY nature.
- \* Lv. 14 SANDSLASH - SAND-RUSH and BOLD nature.
- \* Lv. 67 WURMPLE - RUN-AWAY and HARDY nature.
- \* Lv. 23 TAILLOW - GUTS and GENTLE nature.
- \* Lv. 68 DROWZEE - INSOMNIA and TIMID nature.
- \* Lv. 85 CAMERUPT - SOLID-ROCK and DOCILE nature.
- \* Lv. 38 BLASTOISE - RAIN-DISH and SERIOUS nature.
- \* Lv. 41 GEODUDE - STURDY and QUIRKY nature.
- \* Lv. 100 WAILORD - PRESSURE and BRAVE nature.
- \* Lv. 40 MAGIKARP - SWIFT-SWIM and GENTLE nature.
- \* Lv. 85 DODRIO - RUN-AWAY and BRAVE nature.
- \* Lv. 99 MANKEY - ANGER-POINT and HASTY nature.
- \* Lv. 46 MAGNETON - MAGNET-PULL and SERIOUS nature.
- \* Lv. 74 SEALEO - ICE-BODY and GENTLE nature.
- \* Lv. 44 GLOOM - STENCH and DOCILE nature.
- \* Lv. 13 MACHOKE - STEADFAST and SERIOUS nature.
- \* Lv. 67 MARSHTOMP - DAMP and BASHFUL nature.
- \* Lv. 15 SHARPEDO - ROUGH-SKIN and SERIOUS nature.
- \* Lv. 39 HYPNO - INNER-FOCUS and BASHFUL nature.
- \* Lv. 65 VOLTORB - STATIC and CAREFUL nature.
- \* Lv. 73 DIGLETT - ARENA-TRAP and NAUGHTY nature.
- \* Lv. 11 GOLEM - STURDY and ADAMANT nature.
- \* Lv. 25 WALREIN - THICK-FAT and BASHFUL nature.

> Whoa, you won't believe it; I stumbled across WYNAUT! And it's got the ability SHADOW-TAG!

Apparently it is Lv. 47 and has a ADAMANT nature. Seems to know AMNESIA, SPLASH, AMNESIA, and SAFEGUARD!

Oh, and here's what the POKÉDEX says:

\* It tends to move in a pack with others.

They cluster in a tight group to sleep in a cave.

Score! Just glorious.

> Whoa, you won't believe it; I stumbled across MAGCARGO! And it's got the ability FLAME-BODY!

Apparently it is Lv. 7 and has a GENTLE nature. Seems to know STOMPING-TANTRUM, STEALTH-ROCK, SELF-DESTRUCT, and CAPTIVATE!

Oh, and here's what the POKÉDEX says:



\* Magcargo's body temperature is approximately 18,000 degrees Fahrenheit. Water is vaporized on contact. If this Pokémon is caught in the rain, the raindrops instantly turn into steam, cloaking the area in a thick fog. Score! Just astonishing.

> Aw, I found a KADABRA but it managed to slip away. It looked strong, too...

> Whoa, you won't believe it; I stumbled across ARCANINE! And it's got the ability INTIMIDATE!

Apparently it is Lv. 39 and has a NAUGHTY nature. Seems to know ENDURE, FLAME-CHARGE, REFLECT, and MUD-SLAP!

Oh, and here's what the POKÉDEX says:

\* Snaps at its foes with fangs cloaked in blazing flame. Despite its bulk, it deftly feints every which way, leading opponents on a deceptively merry chase as it all but dances around them.

Score! Just radical.

> I found DUSKULL! It appears to be Lv. 40 with the moves NIGHTMARE, ALLY-SWITCH, ICE-BEAM, and DREAM-EATER

It has a LAX nature, with the ability LEVITATE.

Here's what the POKÉDEX has to say about it:

\* I've heard that the children of Hisui all begin to behave once they've been told the story of how this Pokémon roams about before the witching hour to spirit away misbehaving children. So monumental!

> Hey, look what I caught - DELCATTY! It's got quite a BRAVE nature.

According to my POKÉDEX, it's Lv. 68 and knows SHOCK-WAVE, GROWL, ROUND, and SUCKER-PUNCH

Nice, its ability is CUTE-CHARM!

The description from the POKÉDEX states:

\* Delcatty sleeps anywhere it wants without keeping a permanent nest. If other Pokémon approach it as it sleeps, this Pokémon will never fight—it will just move away somewhere else.

Imposing find!

> Whoa, you won't believe it; I stumbled across CLEFABLE! And it's got the ability UNAWARE!

Apparently it is Lv. 85 and has a BRAVE nature. Seems to know DRAINING-KISS, CAPTIVATE, MIMIC, and SWAGGER!

Oh, and here's what the POKÉDEX says:

\* Legend says that on clear, quiet nights, it listens for the voices of its kin living on the moon. I, too, often think of my homeland, so far away.

Score! Just mind-boggling.

> Shoot! I nearly caught a MAKUHITA, but it got away. Better luck next time...

> Whoa, you won't believe it; I stumbled across ANORITH! And it's got the ability BATTLE-ARMOR!

Apparently it is Lv. 45 and has a CALM nature. Seems to know BRINE, DOUBLE-EDGE, AQUA-JET, and WATER-GUN!

Oh, and here's what the POKÉDEX says:

\* Anorith can swim swiftly by pulling its eight wings through the water like oars on a boat. This Pokémon is an ancestor of modern bug Pokémon.

Score! Just brilliant.

> I found SPEAROW! It appears to be Lv. 71 with the moves RAGE, WHIRLWIND, TRI-ATTACK, and GROWL  
It has a LAX nature, with the ability SNIPER.  
Here's what the POKéDEX has to say about it:  
\* Inept at flying high. However, it can fly around very fast to protect its territory.  
So beautiful!

> Hey, look what I caught - LUDICOLOR! It's got quite a ADAMANT nature.  
According to my POKéDEX, it's Lv. 6 and knows LEAF-STORM, DYNAMIC-PUNCH, HONE-CLAWS, and AMNESIA  
Nice, its ability is RAIN-DISH!  
The description from the POKéDEX states:  
\* If it hears festive music, it begins moving in rhythm in order to amplify its power.  
Heart-stopping find!

> Whoa, you won't believe it; I stumbled across SQUIRTLE! And it's got the ability RAIN-DISH!  
Apparently it is Lv. 21 and has a CALM nature. Seems to know POWER-UP-PUNCH, CAPTIVATE, HIDDEN-POWER, and BRICK-BREAK!  
Oh, and here's what the POKéDEX says:  
\* When it feels threatened, it draws its limbs inside its shell and sprays water from its mouth.  
Score! Just radical.

> Hey, look what I caught - FEAROW! It's got quite a GENTLE nature.  
According to my POKéDEX, it's Lv. 97 and knows MIRROR-MOVE, PLUCK, TAKE-DOWN, and TWISTER  
Nice, its ability is SNIPER!  
The description from the POKéDEX states:  
\* A Pokémon that dates back many years. If it senses danger, it flies high and away, instantly.  
Magnificent find!

> Despite my best efforts, I wasn't able to catch that REGISTEEL... Hopefully I find another one!

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> I found ALAKAZAM! It appears to be Lv. 23 with the moves SWIFT, PSYCHO-CUT, SLEEP-TALK, and DISABLE  
It has a TIMID nature, with the ability MAGIC-GUARD.  
Here's what the POKéDEX has to say about it:  
\* The longer Alakazam lives, the larger and heavier its head becomes. Our tests have shown that the strength of its psychic powers correlates positively to the weight of its head.  
So staggering!

> I found VICTREEBEL! It appears to be Lv. 42 with the moves MIMIC, LEAF-BLADE, LEECH-LIFE, and STOCKPILE  
It has a IMPISH nature, with the ability CHLOROPHYLL.  
Here's what the POKéDEX has to say about it:  
\* Lures prey with the sweet aroma of honey.  
Swallowed whole, the prey is dissolved in a day, bones and all.  
So fabulous!

> Whoa, you won't believe it; I stumbled across FLAREON! And it's got the ability GUTS!

Apparently it is Lv. 30 and has a HARDY nature. Seems to know DOUBLE-TEAM, FIRE-BLAST, SUNNY-DAY, and TACKLE!

Oh, and here's what the POKéDEX says:

\* Flames burn within a saclike organ inside this Pokémon.

When Flareon inhales, these flames grow in intensity, reaching a mighty 3,000 degrees Fahrenheit.

Score! Just magnificent.

> Whoa, you won't believe it; I stumbled across GRIMER! And it's got the ability STENCH!

Apparently it is Lv. 42 and has a MILD nature. Seems to know TOXIC, SUBSTITUTE, SHADOW-SNEAK, and SUBSTITUTE!

Oh, and here's what the POKéDEX says:

\* Made of congealed sludge. It smells too putrid to touch. Even weeds won't grow in its path.

Score! Just magical.

> Hey, look what I caught - KRABBY! It's got quite a ADAMANT nature.

According to my POKéDEX, it's Lv. 77 and knows LIQUIDATION, SWAGGER, KNOCK-OFF, and RAIN-DANCE

Nice, its ability is SHELL-ARMOR!

The description from the POKéDEX states:

\* If it senses danger approaching, it cloaks itself with bubbles from its mouth so it will look bigger.

Bewildering find!

> Despite my best efforts, I wasn't able to catch that AZURILL... Hopefully I find another one!

> Whoa, you won't believe it; I stumbled across SOLROCK! And it's got the ability LEVITATE!

Apparently it is Lv. 68 and has a NAIVE nature. Seems to know GIGA-IMPACT, PSYCHIC, HEAL-BLOCK, and DREAM-EATER!

Oh, and here's what the POKéDEX says:

\* Solar energy is the source of its power, so it is strong during the daytime. When it spins, its body shines.

Score! Just formidable.

> Hey, look what I caught - SPINDA! It's got quite a MILD nature.

According to my POKéDEX, it's Lv. 13 and knows WILD-CHARGE, SPOTLIGHT, COUNTER, and FIRE-PUNCH

Nice, its ability is OWN-TEMPO!

The description from the POKéDEX states:

\* Each Spinda's spot pattern is different. With its stumbling movements, it evades opponents' attacks brilliantly!

Rare find!

> Whoa, you won't believe it; I stumbled across ZUBAT! And it's got the ability INFILTRATOR!

Apparently it is Lv. 41 and has a IMPISH nature. Seems to know CRUNCH, ASSURANCE, ASTONISH, and FRUSTRATION!

Oh, and here's what the POKéDEX says:

\* Makes its home in gloomy caves. Atrophied eyes have left this Pokémon blind, so it scans its surroundings via sound waves that it emits from its mouth as it flies.

Score! Just magical.

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 200 POKéMON and of that number I have CAUGHT 184 POKéMON.

That is 56% of the way there in terms of POKéMON SEEN!

A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.

- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOLO - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHOP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.
- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.
- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.
- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.
- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.
- \* Lv. 28 EXEGGCUTE - CHLOROPHYLL and HARDY nature.
- \* Lv. 24 VENOMOTH - SHIELD-DUST and QUIRKY nature.

- \* Lv. 81 SHUPPET - CURSED-BODY and SASSY nature.
- \* Lv. 53 FARFETCHD - KEEN-EYE and QUIET nature.
- \* Lv. 95 GOLDEEN - LIGHTNING-ROD and TIMID nature.
- \* Lv. 36 ZANGOOSE - IMMUNITY and SASSY nature.
- \* Lv. 72 LICKITUNG - OWN-TEMPO and TIMID nature.
- \* Lv. 82 LUVDISC - SWIFT-SWIM and HARDY nature.
- \* Lv. 21 GRUMPIG - GLUTTONY and CALM nature.
- \* Lv. 86 LATIAS - LEVITATE and MILD nature.
- \* Lv. 99 RAICHU - LIGHTNING-ROD and IMPISH nature.
- \* Lv. 86 HAUNTER - LEVITATE and CALM nature.
- \* Lv. 70 ODDISH - CHLOROPHYLL and JOLLY nature.
- \* Lv. 85 JOLTEON - VOLT-ABSORB and SERIOUS nature.
- \* Lv. 100 NINCADA - COMPOUND-EYES and MODEST nature.
- \* Lv. 50 PHANPY - PICKUP and QUIET nature.
- \* Lv. 46 GOLDDUCK - SWIFT-SWIM and HASTY nature.
- \* Lv. 27 PINSIR - MOXIE and MILD nature.
- \* Lv. 92 TRAPINCH - ARENA-TRAP and GENTLE nature.
- \* Lv. 3 SPHEAL - ICE-BODY and RASH nature.
- \* Lv. 67 DRAGONAIR - MARVEL-SCALE and SASSY nature.
- \* Lv. 51 VOLTORB - SOUNDPROOF and HARDY nature.
- \* Lv. 54 GROWLITHE - FLASH-FIRE and JOLLY nature.
- \* Lv. 70 VILEPLUME - EFFECT-SPORE and DOCILE nature.
- \* Lv. 79 REGICE - CLEAR-BODY and IMPISH nature.
- \* Lv. 70 IVYSAUR - OVERGROW and TIMID nature.
- \* Lv. 51 DRAGONITE - INNER-FOCUS and HARDY nature.
- \* Lv. 16 MAWILE - SHEER-FORCE and BOLD nature.
- \* Lv. 82 MINUN - MINUS and HARDY nature.
- \* Lv. 66 MAGNETON - STURDY and HARDY nature.
- \* Lv. 1 KECLEON - PROTEAN and CAREFUL nature.
- \* Lv. 69 PERSIAN - UNNERVE and BASHFUL nature.
- \* Lv. 99 GROUDON - DROUGHT and NAIVE nature.
- \* Lv. 54 PIDGEOT - KEEN-EYE and QUIET nature.
- \* Lv. 90 GOLDDUCK - CLOUD-NINE and SASSY nature.
- \* Lv. 37 SEEDOT - CHLOROPHYLL and BASHFUL nature.
- \* Lv. 91 POOCHYENA - RATTLED and JOLLY nature.
- \* Lv. 14 SANDSLASH - SAND-RUSH and BOLD nature.
- \* Lv. 67 WURMPLE - RUN-AWAY and HARDY nature.
- \* Lv. 23 TAILLOW - GUTS and GENTLE nature.
- \* Lv. 68 DROWZEE - INSOMNIA and TIMID nature.
- \* Lv. 85 CAMERUPT - SOLID-ROCK and DOCILE nature.
- \* Lv. 38 BLASTOISE - RAIN-DISH and SERIOUS nature.
- \* Lv. 41 GEODUDE - STURDY and QUIRKY nature.
- \* Lv. 100 WAILORD - PRESSURE and BRAVE nature.
- \* Lv. 40 MAGIKARP - SWIFT-SWIM and GENTLE nature.
- \* Lv. 85 DODRIO - RUN-AWAY and BRAVE nature.
- \* Lv. 99 MANKEY - ANGER-POINT and HASTY nature.
- \* Lv. 46 MAGNETON - MAGNET-PULL and SERIOUS nature.
- \* Lv. 74 SEALEO - ICE-BODY and GENTLE nature.
- \* Lv. 44 GLOOM - STENCH and DOCILE nature.
- \* Lv. 13 MACHOKE - STEADFAST and SERIOUS nature.
- \* Lv. 67 MARSHTOMP - DAMP and BASHFUL nature.
- \* Lv. 15 SHARPEDO - ROUGH-SKIN and SERIOUS nature.
- \* Lv. 39 HYPNO - INNER-FOCUS and BASHFUL nature.
- \* Lv. 65 VOLTORB - STATIC and CAREFUL nature.
- \* Lv. 73 DIGLETT - ARENA-TRAP and NAUGHTY nature.
- \* Lv. 11 GOLEM - STURDY and ADAMANT nature.
- \* Lv. 25 WALREIN - THICK-FAT and BASHFUL nature.
- \* Lv. 47 WYNAUT - SHADOW-TAG and ADAMANT nature.
- \* Lv. 7 MAGCARGO - FLAME-BODY and GENTLE nature.

- \* Lv. 39 ARCANINE - INTIMIDATE and NAUGHTY nature.
- \* Lv. 40 DUSKULL - LEVITATE and LAX nature.
- \* Lv. 68 DELCATTY - CUTE-CHARM and BRAVE nature.
- \* Lv. 85 CLEFABLE - UNAWARE and BRAVE nature.
- \* Lv. 45 ANORITH - BATTLE-ARMOR and CALM nature.
- \* Lv. 71 SPEAROW - SNIPER and LAX nature.
- \* Lv. 6 LUDICOLO - RAIN-DISH and ADAMANT nature.
- \* Lv. 21 SQUIRTLE - RAIN-DISH and CALM nature.
- \* Lv. 97 FEAROW - SNIPER and GENTLE nature.
- \* Lv. 23 ALAKAZAM - MAGIC-GUARD and TIMID nature.
- \* Lv. 42 VICTREEBEL - CHLOROPHYLL and IMPISH nature.
- \* Lv. 30 FLAREON - GUTS and HARDY nature.
- \* Lv. 42 GRIMER - STENCH and MILD nature.
- \* Lv. 77 KRABBY - SHELL-ARMOR and ADAMANT nature.
- \* Lv. 68 SOLROCK - LEVITATE and NAIVE nature.
- \* Lv. 13 SPINDA - OWN-TEMPO and MILD nature.
- \* Lv. 41 ZUBAT - INFILTRATOR and IMPISH nature.

> Hey, look what I caught - LILEEP! It's got quite a MILD nature.  
According to my POKÉDEX, it's Lv. 29 and knows SOLAR-BEAM, PAIN-SPLIT, ACID, and CURSE

Nice, its ability is STORM-DRAIN!

The description from the POKÉDEX states:

\* Lileep clings to rocks on the seabed. When prey comes close, this Pokémon entangles it with petallike tentacles.

Striking find!

> Hey, look what I caught - RHYHORN! It's got quite a CAREFUL nature.  
According to my POKÉDEX, it's Lv. 18 and knows RAGE, MEGAHORN, HORN-DRILL, and ZAP-CANNON

Nice, its ability is LIGHTNING-ROD!

The description from the POKÉDEX states:

\* Ludicrously strong—when it butts heads with a mountain, it is the mountain that shatters. But its short legs struggle with turns, and it is incapable of stopping unless it collides with something.

Striking find!

> I found HARIYAMA! It appears to be Lv. 39 with the moves ROCK-SLIDE, ROUND, RAIN-DANCE, and BULK-UP

It has a HASTY nature, with the ability THICK-FAT.

Here's what the POKÉDEX has to say about it:

\* Hariyama that are big and fat aren't necessarily strong. There are some small ones that move nimbly and use moves skillfully.

So magical!

> Hey, look what I caught - ARMALDO! It's got quite a QUIRKY nature.  
According to my POKÉDEX, it's Lv. 93 and knows MIMIC, SUBSTITUTE, SMACK-DOWN, and BLOCK

Nice, its ability is BATTLE-ARMOR!

The description from the POKÉDEX states:

\* Though it lives on land, it's also a good swimmer. It dives into the ocean in search of prey, using its sharp claws to take down its quarry.

Terrific find!

> I ended up looking inside a damp, dark cave for new POKÉMON. Should've brought an escape rope!

> Whoa, you won't believe it; I stumbled across SWELLOW! And it's got the ability GUTS!

Apparently it is Lv. 49 and has a SERIOUS nature. Seems to know THIEF, BRAVE-BIRD, MUD-SLAP, and SWIFT!

Oh, and here's what the POKéDEX says:

\* Swellow is very conscientious about the upkeep of its glossy wings. Once two Swellow are gathered, they diligently take care of cleaning each other's wings.

Score! Just miraculous.

> Whoa, you won't believe it; I stumbled across KINGLER! And it's got the ability SHELL-ARMOR!

Apparently it is Lv. 64 and has a BASHFUL nature. Seems to know SUPERPOWER, HYDRO-PUMP, HONE-CLAWS, and FRUSTRATION!

Oh, and here's what the POKéDEX says:

\* Its oversized claw is very powerful, but when it's not in battle, the claw just gets in the way.

Score! Just amazing.

> Aw, I found a PONYTA but it managed to slip away. It looked strong, too...

> I found MUK! It appears to be Lv. 89 with the moves DYNAMIC-PUNCH, FOCUS-BLAST, POISON-GAS, and ACID-ARMOR

It has a QUIRKY nature, with the ability STICKY-HOLD.

Here's what the POKéDEX has to say about it:

\* Smells so awful, it can cause fainting.

Through degeneration of its nose,  
it lost its sense of smell.

So stirring!

> I found LUNATONE! It appears to be Lv. 12 with the moves MIMIC, ROCK-THROW, ICY-WIND, and GRAVITY

It has a ADAMANT nature, with the ability LEVITATE.

Here's what the POKéDEX has to say about it:

\* It was discovered at the site of a meteor strike  
40 years ago. Its stare can lull its foes to sleep.  
So unusual!

> Hey, look what I caught - ARTICUNO! It's got quite a BOLD nature.

According to my POKéDEX, it's Lv. 21 and knows BRAVE-BIRD, SUBSTITUTE, MIMIC, and STEEL-WING

Nice, its ability is PRESSURE!

The description from the POKéDEX states:

\* This Pokémon can control ice at will. Articuno  
is said to live in snowy mountains riddled  
with permafrost.

Magical find!

> I found MEW! It appears to be Lv. 77 with the moves FAKE-OUT, STONE-EDGE, GRASS-KNOT, and TRANSFORM

It has a RASH nature, with the ability SYNCHRONIZE.

Here's what the POKéDEX has to say about it:

\* When viewed through a microscope, this  
Pokémon's short, fine, delicate hair can be seen.

So mind-boggling!

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!



> Shoot! I nearly caught a GROVYLE, but it got away. Better luck next time...

> Despite my best efforts, I wasn't able to catch that CATERPIE... Hopefully I find another one!

> I found GENGAR! It appears to be Lv. 66 with the moves IMPRISON, SUBMISSION, NIGHT-SHADE, and BRICK-BREAK

It has a BRAVE nature, with the ability CURSED-BODY.

Here's what the POKéDEX has to say about it:

\* Possesses potential victims' shadows in an effort to steal away the victims' lives. If your shadow begins to laugh, you must take hold of a protective charm posthaste!

So exhilarating!

> Whoa, you won't believe it; I stumbled across EEVEE! And it's got the ability ADAPTABILITY!

Apparently it is Lv. 38 and has a TIMID nature. Seems to know ECHOED-VOICE, SWIFT, FOCUS-ENERGY, and FAKE-TEARS!

Oh, and here's what the POKéDEX says:

\* Harbors the potential to evolve into manifold forms.

Within Eevee lies the key to the mysteries of Pokémon evolution—I'm certain of it.

Score! Just exceptional.

> Whoa, you won't believe it; I stumbled across WINGULL! And it's got the ability KEEN-EYE!

Apparently it is Lv. 21 and has a DOCILE nature. Seems to know SNORE, PROTECT, WATER-PULSE, and HIDDEN-POWER!

Oh, and here's what the POKéDEX says:

\* It soars on updrafts without flapping its wings.

It makes a nest on sheer cliffs at the sea's edge.

Score! Just exceptional.

> Hey, look what I caught - DODRIO! It's got quite a DOCILE nature.

According to my POKéDEX, it's Lv. 62 and knows DOUBLE-HIT, FACADE, AIR-CUTTER, and THIEF

Nice, its ability is RUN-AWAY!

The description from the POKéDEX states:

\* One of Doduo's two heads splits to form a unique species. It runs close to 40 mph in prairies.

Breathtaking find!

> Hey, look what I caught - SALAMENCE! It's got quite a NAIVE nature.

According to my POKéDEX, it's Lv. 69 and knows DRAGON-DANCE, FACADE, SCARY-FACE, and FLY

Nice, its ability is INTIMIDATE!

The description from the POKéDEX states:

\* While basking in the joy of flight generally keeps this Pokémon in high spirits, Salamence turns into an uncontrollable menace if something angers it.

Exhilarating find!

> I found PELIPPER! It appears to be Lv. 35 with the moves GROWL, SLEEP-TALK, SUPERSONIC, and ICE-BEAM

It has a RASH nature, with the ability RAIN-DISH.

Here's what the POKéDEX has to say about it:

\* Skimming the water's surface, it dips its large bill

in the sea, scoops up food and water, and carries it.  
So fascinating!

> I found MILOTIC! It appears to be Lv. 28 with the moves SKITTER-SMACK, LIGHT-SCREEN, DRAGON-TAIL, and MUDDY-WATER  
It has a IMPISH nature, with the ability MARVEL-SCALE.  
Here's what the POKéDEX has to say about it:  
\* It's said that a glimpse of a Milotic and its beauty will calm any hostile emotions you're feeling.  
So splendid!

> Hey, look what I caught - HITMONLEE! It's got quite a CAREFUL nature.  
According to my POKéDEX, it's Lv. 2 and knows SUBMISSION, HELPING-HAND, EARTHQUAKE, and JUMP-KICK  
Nice, its ability is LIMBER!  
The description from the POKéDEX states:  
\* The legs freely contract and stretch. The stretchy legs allow it to hit a distant foe with a rising kick.  
Majestic find!

> I went to the POKéMART to stock back up on potions and POKéBALLS. Always be prepared!

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?  
According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 221 POKéMON and of that number I have CAUGHT 202 POKéMON.  
That is 62% of the way there in terms of POKéMON SEEN!  
A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.

- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.

- \* Lv. 37 MACHAMP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.
- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.
- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.
- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.
- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.
- \* Lv. 28 EXEGGCUTE - CHLOROPHYLL and HARDY nature.
- \* Lv. 24 VENOMOTH - SHIELD-DUST and QUIRKY nature.
- \* Lv. 81 SHUPPET - CURSED-BODY and SASSY nature.
- \* Lv. 53 FARFETCHD - KEEN-EYE and QUIET nature.
- \* Lv. 95 GOLDEEN - LIGHTNING-ROD and TIMID nature.
- \* Lv. 36 ZANGOOSE - IMMUNITY and SASSY nature.
- \* Lv. 72 LICKITUNG - OWN-TEMPO and TIMID nature.
- \* Lv. 82 LUVDISC - SWIFT-SWIM and HARDY nature.
- \* Lv. 21 GRUMPIG - GLUTTONY and CALM nature.
- \* Lv. 86 LATIAS - LEVITATE and MILD nature.
- \* Lv. 99 RAICHU - LIGHTNING-ROD and IMPISH nature.
- \* Lv. 86 HAUNTER - LEVITATE and CALM nature.
- \* Lv. 70 ODDISH - CHLOROPHYLL and JOLLY nature.
- \* Lv. 85 JOLTEON - VOLT-ABSORB and SERIOUS nature.
- \* Lv. 100 NINCADA - COMPOUND-EYES and MODEST nature.
- \* Lv. 50 PHANPY - PICKUP and QUIET nature.
- \* Lv. 46 GOLDDUCK - SWIFT-SWIM and HASTY nature.
- \* Lv. 27 PINSIR - MOXIE and MILD nature.
- \* Lv. 92 TRAPINCH - ARENA-TRAP and GENTLE nature.
- \* Lv. 3 SPHEAL - ICE-BODY and RASH nature.
- \* Lv. 67 DRAGONAIR - MARVEL-SCALE and SASSY nature.
- \* Lv. 51 VOLTORB - SOUNDPROOF and HARDY nature.
- \* Lv. 54 GROWLITHE - FLASH-FIRE and JOLLY nature.
- \* Lv. 70 VILEPLUME - EFFECT-SPORE and DOCILE nature.
- \* Lv. 79 REGICE - CLEAR-BODY and IMPISH nature.
- \* Lv. 70 IVYSAUR - OVERGROW and TIMID nature.
- \* Lv. 51 DRAGONITE - INNER-FOCUS and HARDY nature.
- \* Lv. 16 MAWILE - SHEER-FORCE and BOLD nature.
- \* Lv. 82 MINUN - MINUS and HARDY nature.
- \* Lv. 66 MAGNETON - STURDY and HARDY nature.
- \* Lv. 1 KECLEON - PROTEAN and CAREFUL nature.
- \* Lv. 69 PERSIAN - UNNERVE and BASHFUL nature.
- \* Lv. 99 GROUDON - DROUGHT and NAIVE nature.
- \* Lv. 54 PIDGEOT - KEEN-EYE and QUIET nature.
- \* Lv. 90 GOLDDUCK - CLOUD-NINE and SASSY nature.
- \* Lv. 37 SEEDOT - CHLOROPHYLL and BASHFUL nature.
- \* Lv. 91 POOCHYENA - RATTLED and JOLLY nature.
- \* Lv. 14 SANDSLASH - SAND-RUSH and BOLD nature.
- \* Lv. 67 WURMPLE - RUN-AWAY and HARDY nature.

- \* Lv. 23 TAILLOW - GUTS and GENTLE nature.
- \* Lv. 68 DROWZEE - INSOMNIA and TIMID nature.
- \* Lv. 85 CAMERUPT - SOLID-ROCK and DOCILE nature.
- \* Lv. 38 BLASTOISE - RAIN-DISH and SERIOUS nature.
- \* Lv. 41 GEODUDE - STURDY and QUIRKY nature.
- \* Lv. 100 WAILORD - PRESSURE and BRAVE nature.
- \* Lv. 40 MAGIKARP - SWIFT-SWIM and GENTLE nature.
- \* Lv. 85 DODRIO - RUN-AWAY and BRAVE nature.
- \* Lv. 99 MANKEY - ANGER-POINT and HASTY nature.
- \* Lv. 46 MAGNETON - MAGNET-PULL and SERIOUS nature.
- \* Lv. 74 SEALEO - ICE-BODY and GENTLE nature.
- \* Lv. 44 GLOOM - STENCH and DOCILE nature.
- \* Lv. 13 MACHOKE - STEADFAST and SERIOUS nature.
- \* Lv. 67 MARSHTOMP - DAMP and BASHFUL nature.
- \* Lv. 15 SHARPEDO - ROUGH-SKIN and SERIOUS nature.
- \* Lv. 39 HYPNO - INNER-FOCUS and BASHFUL nature.
- \* Lv. 65 VOLTORB - STATIC and CAREFUL nature.
- \* Lv. 73 DIGLETT - ARENA-TRAP and NAUGHTY nature.
- \* Lv. 11 GOLEM - STURDY and ADAMANT nature.
- \* Lv. 25 WALREIN - THICK-FAT and BASHFUL nature.
- \* Lv. 47 WYNAUT - SHADOW-TAG and ADAMANT nature.
- \* Lv. 7 MAGCARGO - FLAME-BODY and GENTLE nature.
- \* Lv. 39 ARCANINE - INTIMIDATE and NAUGHTY nature.
- \* Lv. 40 DUSKULL - LEVITATE and LAX nature.
- \* Lv. 68 DELCATTY - CUTE-CHARM and BRAVE nature.
- \* Lv. 85 CLEFABLE - UNAWARE and BRAVE nature.
- \* Lv. 45 ANORITH - BATTLE-ARMOR and CALM nature.
- \* Lv. 71 SPEAROW - SNIPER and LAX nature.
- \* Lv. 6 LUDICOLO - RAIN-DISH and ADAMANT nature.
- \* Lv. 21 SQUIRTLE - RAIN-DISH and CALM nature.
- \* Lv. 97 FEAROW - SNIPER and GENTLE nature.
- \* Lv. 23 ALAKAZAM - MAGIC-GUARD and TIMID nature.
- \* Lv. 42 VICTREEBEL - CHLOROPHYLL and IMPISH nature.
- \* Lv. 30 FLAREON - GUTS and HARDY nature.
- \* Lv. 42 GRIMER - STENCH and MILD nature.
- \* Lv. 77 KRABBY - SHELL-ARMOR and ADAMANT nature.
- \* Lv. 68 SOLROCK - LEVITATE and NAIVE nature.
- \* Lv. 13 SPINDA - OWN-TEMPO and MILD nature.
- \* Lv. 41 ZUBAT - INFILTRATOR and IMPISH nature.
- \* Lv. 29 LILEEP - STORM-DRAIN and MILD nature.
- \* Lv. 18 RHYHORN - LIGHTNING-ROD and CAREFUL nature.
- \* Lv. 39 HARIYAMA - THICK-FAT and HASTY nature.
- \* Lv. 93 ARMALDO - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 49 SWELLOW - GUTS and SERIOUS nature.
- \* Lv. 64 KINGLER - SHELL-ARMOR and BASHFUL nature.
- \* Lv. 89 MUK - STICKY-HOLD and QUIRKY nature.
- \* Lv. 12 LUNATONE - LEVITATE and ADAMANT nature.
- \* Lv. 21 ARTICUNO - PRESSURE and BOLD nature.
- \* Lv. 77 MEW - SYNCHRONIZE and RASH nature.
- \* Lv. 66 GENGAR - CURSED-BODY and BRAVE nature.
- \* Lv. 38 EEEVEE - ADAPTABILITY and TIMID nature.
- \* Lv. 21 WINGULL - KEEN-EYE and DOCILE nature.
- \* Lv. 62 DODRIO - RUN-AWAY and DOCILE nature.
- \* Lv. 69 SALAMENCE - INTIMIDATE and NAIVE nature.
- \* Lv. 35 PELIPPER - RAIN-DISH and RASH nature.
- \* Lv. 28 MILOTIC - MARVEL-SCALE and IMPISH nature.
- \* Lv. 2 HITMONLEE - LIMBER and CAREFUL nature.

> Whoa, you won't believe it; I stumbled across ELECTRIKE! And it's got the ability

LIGHTNING-ROD!

Apparently it is Lv. 85 and has a HARDY nature. Seems to know AGILITY, SLEEP-TALK, CHARGE, and RETURN!

Oh, and here's what the POKéDEX says:

\* It stores electricity in its fur. It gives off sparks from all over its body in seasons when the air is dry.

Score! Just fab.

> Whoa, you won't believe it; I stumbled across RAYQUAZA! And it's got the ability AIR-LOCK!

Apparently it is Lv. 99 and has a GENTLE nature. Seems to know ROCK-SLIDE, HIDDEN-POWER, SCALE-SHOT, and SLEEP-TALK!

Oh, and here's what the POKéDEX says:

\* It flies forever through the ozone layer, consuming meteoroids for sustenance. The many meteoroids in its body provide the energy it needs to Mega Evolve.

Score! Just sublime.

> Whoa, you won't believe it; I stumbled across ONIX! And it's got the ability ROCK-HEAD!

Apparently it is Lv. 32 and has a HARDY nature. Seems to know ROLLOUT, PAYBACK, DRILL-RUN, and BRUTAL-SWING!

Oh, and here's what the POKéDEX says:

\* This chain of immense stones resembles a giant serpent. Tremors shake the earth above as it burrows deep beneath the ground, feeding on boulders as it goes.

Score! Just fantastic.

> Hey, look what I caught - VULPIX! It's got quite a JOLLY nature.

According to my POKéDEX, it's Lv. 13 and knows SPITE, HYPNOSIS, FIRE-BLAST, and ROUND

Nice, its ability is DROUGHT!

The description from the POKéDEX states:

\* In its belly burns a fire, which Vulpix spits out in the form of fireballs. When young, this Pokémon has but one white tail.

As the Pokémon matures, this single tail splits into six.

Overwhelming find!

> I found VIBRAVA! It appears to be Lv. 59 with the moves HEADBUTT, SLEEP-TALK, NATURAL-GIFT, and CRUNCH

It has a QUIET nature, with the ability LEVITATE.

Here's what the POKéDEX has to say about it:

\* To help make its wings grow, it dissolves quantities of prey in its digestive juices and guzzles them down every day.

So startling!

> I decided to go back to the nearest POKéCENTRE and heal up the team. Time to refresh!

> Whoa, you won't believe it; I stumbled across FLYGON! And it's got the ability LEVITATE!

Apparently it is Lv. 10 and has a MODEST nature. Seems to know SECRET-POWER, ROUND, CONFIDE, and DIG!

Oh, and here's what the POKéDEX says:

\* It is nicknamed the Desert Spirit because the flapping of its wings sounds like a woman singing.

Score! Just super.

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> I found HUNTAIL! It appears to be Lv. 71 with the moves GIGA-IMPACT, WATERFALL, SURF, and CRUNCH

It has a HARDY nature, with the ability SWIFT-SWIM.

Here's what the POKÉDEX has to say about it:

\* Deep seas are their habitat. According to tradition, when Huntail wash up onshore, something unfortunate will happen.

So superb!

> Whoa, you won't believe it; I stumbled across IGGLYBUFF! And it's got the ability CUTE-CHARM!

Apparently it is Lv. 47 and has a ADAMANT nature. Seems to know HEAL-BELL, SWEET-KISS, PSYCH-UP, and BOUNCE!

Oh, and here's what the POKÉDEX says:

\* Taking advantage of the softness of its body, Igglybuff moves as if bouncing. Its body turns a deep pink when its temperature rises.

Score! Just eye-popping.

> Shoot! I nearly caught a WEEZING, but it got away. Better luck next time...

> I found NATU! It appears to be Lv. 10 with the moves PAIN-SPLIT, GIGA-DRAIN, SWAGGER, and SOLAR-BEAM

It has a QUIRKY nature, with the ability SYNCHRONIZE.

Here's what the POKÉDEX has to say about it:

\* Because its wings aren't yet fully grown, it has to hop to get around. It is always staring at something.

So stunning!

> Whoa, you won't believe it; I stumbled across CORSOLA! And it's got the ability HUSTLE!

Apparently it is Lv. 11 and has a SASSY nature. Seems to know STONE-EDGE, SANDSTORM, BODY-SLAM, and DEFENSE-CURL!

Oh, and here's what the POKÉDEX says:

\* These Pokémon live in warm seas.

In prehistoric times, many lived in the oceans around the Galar region as well.

Score! Just wonderful.

> Hey, look what I caught - CHIMECHO! It's got quite a BOLD nature.

According to my POKÉDEX, it's Lv. 90 and knows CRAFTY-SHIELD, FUTURE-SIGHT, ROLLOUT, and SHADOW-BALL

Nice, its ability is LEVITATE!

The description from the POKÉDEX states:

\* Can emit waves of air powerful enough to knock out prey taller than itself. I hypothesize that it amplifies the faint sound of wind within its body.

Majestic find!

> Aw, I found a STARYU but it managed to slip away. It looked strong, too...

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be

prepared!

> Whoa, you won't believe it; I stumbled across KABUTOPS! And it's got the ability BATTLE-ARMOR!

Apparently it is Lv. 91 and has a QUIRKY nature. Seems to know WATERFALL, TOXIC, SMACK-DOWN, and ROUND!

Oh, and here's what the POKéDEX says:

\* The cause behind the extinction of this species is unknown. Kabutops were aggressive Pokémon that inhabited warm seas.

Score! Just wondrous.

> Hey, look what I caught - SANDSLASH! It's got quite a RASH nature.

According to my POKéDEX, it's Lv. 29 and knows FURY-SWIPES, MAGNITUDE, SAND-ATTACK, and SNORE

Nice, its ability is SAND-RUSH!

The description from the POKéDEX states:

\* It climbs trees by hooking on with its sharp claws.

Sandslash shares the berries it gathers, dropping them down to Sandshrew waiting below the tree.

Fascinating find!

> Hey, look what I caught - GLALIE! It's got quite a RELAXED nature.

According to my POKéDEX, it's Lv. 30 and knows SECRET-POWER, SUBSTITUTE, SHADOW-BALL, and HEX

Nice, its ability is INNER-FOCUS!

The description from the POKéDEX states:

\* It covers its body with an armor of ice harder than steel. Uses its breath to freeze prey, which it then devours as if they were frozen desserts.

Wondrous find!

> Hey, look what I caught - CORPHISH! It's got quite a GENTLE nature.

According to my POKéDEX, it's Lv. 98 and knows VICE-GRIP, CUT, WATER-PULSE, and SNORE

Nice, its ability is ADAPTABILITY!

The description from the POKéDEX states:

\* It was originally a Pokémon from afar that escaped to the wild. It can adapt to the dirtiest river.

Sublime find!

> Hey, look what I caught - TENTACRUEL! It's got quite a SERIOUS nature.

According to my POKéDEX, it's Lv. 45 and knows HYDRO-PUMP, TOXIC, WHIRLPOOL, and WRAP

Nice, its ability is CLEAR-BODY!

The description from the POKéDEX states:

\* It has 80 tentacles, each with a venomous tip. These tentacles are also extendible, lengthening when Tentacruel attempts to catch prey. Use caution.

Glorious find!

> I found CLEFAIRY! It appears to be Lv. 46 with the moves PSYCHIC, CHARGE-BEAM, NIGHTMARE, and DOUBLE-EDGE

It has a IMPISH nature, with the ability MAGIC-GUARD.

Here's what the POKéDEX has to say about it:

\* It can be found in quiet mountain areas on a full moon's night.

Its dancing and its tiny, faintly glowing wings confer upon it a lovely fairylike quality.

So overwhelming!



> Hey, look what I caught - CROBAT! It's got quite a BRAVE nature.  
According to my POKéDEX, it's Lv. 44 and knows AGILITY, DOUBLE-TEAM, DUAL-WINGBEAT, and DUAL-WINGBEAT

Nice, its ability is INNER-FOCUS!

The description from the POKéDEX states:

\* Its hind limbs have become another set of wings. Crobat expertly maneuvers its four wings to dart in exquisite fashion through even the most confined caves without losing any speed.  
Fantastic find!

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 241 POKéMON and of that number I have CAUGHT 220 POKéMON.

That is 68% of the way there in terms of POKéMON SEEN!

A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.

- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
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- \* Lv. 100 NINCADA - COMPOUND-EYES and MODEST nature.
- \* Lv. 50 PHANPY - PICKUP and QUIET nature.
- \* Lv. 46 GOLDUCK - SWIFT-SWIM and HASTY nature.
- \* Lv. 27 PINSIR - MOXIE and MILD nature.
- \* Lv. 92 TRAPINCH - ARENA-TRAP and GENTLE nature.
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- \* Lv. 67 DRAGONAIR - MARVEL-SCALE and SASSY nature.
- \* Lv. 51 VOLTORB - SOUNDPROOF and HARDY nature.
- \* Lv. 54 GROWLITHE - FLASH-FIRE and JOLLY nature.
- \* Lv. 70 VILEPLUME - EFFECT-SPORE and DOCILE nature.
- \* Lv. 79 REGICE - CLEAR-BODY and IMPISH nature.
- \* Lv. 70 IVYSAUR - OVERGROW and TIMID nature.
- \* Lv. 51 DRAGONITE - INNER-FOCUS and HARDY nature.
- \* Lv. 16 MAWILE - SHEER-FORCE and BOLD nature.
- \* Lv. 82 MINUN - MINUS and HARDY nature.
- \* Lv. 66 MAGNETON - STURDY and HARDY nature.
- \* Lv. 1 KECLEON - PROTEAN and CAREFUL nature.
- \* Lv. 69 PERSIAN - UNNERVE and BASHFUL nature.
- \* Lv. 99 GROUDON - DROUGHT and NAIVE nature.
- \* Lv. 54 PIDGEOT - KEEN-EYE and QUIET nature.
- \* Lv. 90 GOLDUCK - CLOUD-NINE and SASSY nature.
- \* Lv. 37 SEEDOT - CHLOROPHYLL and BASHFUL nature.
- \* Lv. 91 POOCHYENA - RATTLED and JOLLY nature.
- \* Lv. 14 SANDSLASH - SAND-RUSH and BOLD nature.
- \* Lv. 67 WURMPLE - RUN-AWAY and HARDY nature.
- \* Lv. 23 TAILLOW - GUTS and GENTLE nature.
- \* Lv. 68 DROWZEE - INSOMNIA and TIMID nature.
- \* Lv. 85 CAMERUPT - SOLID-ROCK and DOCILE nature.
- \* Lv. 38 BLASTOISE - RAIN-DISH and SERIOUS nature.
- \* Lv. 41 GEODUDE - STURDY and QUIRKY nature.
- \* Lv. 100 WAILORD - PRESSURE and BRAVE nature.
- \* Lv. 40 MAGIKARP - SWIFT-SWIM and GENTLE nature.
- \* Lv. 85 DODRIO - RUN-AWAY and BRAVE nature.
- \* Lv. 99 MANKEY - ANGER-POINT and HASTY nature.
- \* Lv. 46 MAGNETON - MAGNET-PULL and SERIOUS nature.
- \* Lv. 74 SEALEO - ICE-BODY and GENTLE nature.
- \* Lv. 44 GLOOM - STENCH and DOCILE nature.
- \* Lv. 13 MACHOKE - STEADFAST and SERIOUS nature.

- \* Lv. 67 MARSHTOMP - DAMP and BASHFUL nature.
- \* Lv. 15 SHARPEDO - ROUGH-SKIN and SERIOUS nature.
- \* Lv. 39 HYPNO - INNER-FOCUS and BASHFUL nature.
- \* Lv. 65 VOLTORB - STATIC and CAREFUL nature.
- \* Lv. 73 DIGLETT - ARENA-TRAP and NAUGHTY nature.
- \* Lv. 11 GOLEM - STURDY and ADAMANT nature.
- \* Lv. 25 WALREIN - THICK-FAT and BASHFUL nature.
- \* Lv. 47 WYNAUT - SHADOW-TAG and ADAMANT nature.
- \* Lv. 7 MAGCARGO - FLAME-BODY and GENTLE nature.
- \* Lv. 39 ARCANINE - INTIMIDATE and NAUGHTY nature.
- \* Lv. 40 DUSKULL - LEVITATE and LAX nature.
- \* Lv. 68 DELCATTY - CUTE-CHARM and BRAVE nature.
- \* Lv. 85 CLEFABLE - UNAWARE and BRAVE nature.
- \* Lv. 45 ANORITH - BATTLE-ARMOR and CALM nature.
- \* Lv. 71 SPEAROW - SNIPER and LAX nature.
- \* Lv. 6 LUDICOLO - RAIN-DISH and ADAMANT nature.
- \* Lv. 21 SQUIRTLE - RAIN-DISH and CALM nature.
- \* Lv. 97 FEAROW - SNIPER and GENTLE nature.
- \* Lv. 23 ALAKAZAM - MAGIC-GUARD and TIMID nature.
- \* Lv. 42 VICTREEBEL - CHLOROPHYLL and IMPISH nature.
- \* Lv. 30 FLAREON - GUTS and HARDY nature.
- \* Lv. 42 GRIMER - STENCH and MILD nature.
- \* Lv. 77 KRABBY - SHELL-ARMOR and ADAMANT nature.
- \* Lv. 68 SOLROCK - LEVITATE and NAIVE nature.
- \* Lv. 13 SPINDA - OWN-TEMPO and MILD nature.
- \* Lv. 41 ZUBAT - INFILTRATOR and IMPISH nature.
- \* Lv. 29 LILEEP - STORM-DRAIN and MILD nature.
- \* Lv. 18 RHYHORN - LIGHTNING-ROD and CAREFUL nature.
- \* Lv. 39 HARIYAMA - THICK-FAT and HASTY nature.
- \* Lv. 93 ARMALDO - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 49 SWELLOW - GUTS and SERIOUS nature.
- \* Lv. 64 KINGLER - SHELL-ARMOR and BASHFUL nature.
- \* Lv. 89 MUK - STICKY-HOLD and QUIRKY nature.
- \* Lv. 12 LUNATONE - LEVITATE and ADAMANT nature.
- \* Lv. 21 ARTICUNO - PRESSURE and BOLD nature.
- \* Lv. 77 MEW - SYNCHRONIZE and RASH nature.
- \* Lv. 66 GENGAR - CURSED-BODY and BRAVE nature.
- \* Lv. 38 EEEVEE - ADAPTABILITY and TIMID nature.
- \* Lv. 21 WINGULL - KEEN-EYE and DOCILE nature.
- \* Lv. 62 DODRIO - RUN-AWAY and DOCILE nature.
- \* Lv. 69 SALAMENCE - INTIMIDATE and NAIVE nature.
- \* Lv. 35 PELIPPER - RAIN-DISH and RASH nature.
- \* Lv. 28 MILOTIC - MARVEL-SCALE and IMPISH nature.
- \* Lv. 2 HITMONLEE - LIMBER and CAREFUL nature.
- \* Lv. 85 ELECTRIKE - LIGHTNING-ROD and HARDY nature.
- \* Lv. 99 RAYQUAZA - AIR-LOCK and GENTLE nature.
- \* Lv. 32 ONIX - ROCK-HEAD and HARDY nature.
- \* Lv. 13 VULPIX - DROUGHT and JOLLY nature.
- \* Lv. 59 VIBRAVA - LEVITATE and QUIET nature.
- \* Lv. 10 FLYGON - LEVITATE and MODEST nature.
- \* Lv. 71 HUNTAIL - SWIFT-SWIM and HARDY nature.
- \* Lv. 47 IGGLYBUFF - CUTE-CHARM and ADAMANT nature.
- \* Lv. 10 NATU - SYNCHRONIZE and QUIRKY nature.
- \* Lv. 11 CORSOLA - HUSTLE and SASSY nature.
- \* Lv. 90 CHIMECHO - LEVITATE and BOLD nature.
- \* Lv. 91 KABUTOPS - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 29 SANDSLASH - SAND-RUSH and RASH nature.
- \* Lv. 30 GLALIE - INNER-FOCUS and RELAXED nature.
- \* Lv. 98 CORPHISH - ADAPTABILITY and GENTLE nature.

- \* Lv. 45 TENTACRUEL - CLEAR-BODY and SERIOUS nature.
- \* Lv. 46 CLEFAIRY - MAGIC-GUARD and IMPISH nature.
- \* Lv. 44 CROBAT - INNER-FOCUS and BRAVE nature.

> Whoa, you won't believe it; I stumbled across WOBBUFFET! And it's got the ability TELEPATHY!

Apparently it is Lv. 73 and has a RELAXED nature. Seems to know SPLASH, COUNTER, CHARM, and CHARM!

Oh, and here's what the POKéDEX says:

\* To keep its pitch-black tail hidden, it lives quietly in the darkness. It is never first to attack.

Score! Just outstanding.

> I found BANETTE! It appears to be Lv. 1 with the moves SHADOW-CLAW, SWAGGER, SLEEP-TALK, and SUNNY-DAY

It has a BRAVE nature, with the ability FRISK.

Here's what the POKéDEX has to say about it:

\* Resentment at being cast off made it spring into being. Some say that treating it well will satisfy it, and it will once more become a stuffed toy.

So astounding!

> Whoa, you won't believe it; I stumbled across MANECTRIC! And it's got the ability STATIC!

Apparently it is Lv. 54 and has a IMPISH nature. Seems to know TOXIC, SLEEP-TALK, SWAGGER, and MUD-SLAP!

Oh, and here's what the POKéDEX says:

\* It rarely appears before people. It is said to nest where lightning has fallen.

Score! Just intense.

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> Shoot! I nearly caught a SEAKING, but it got away. Better luck next time...

> Whoa, you won't believe it; I stumbled across DEWGONG! And it's got the ability HYDRATION!

Apparently it is Lv. 22 and has a QUIRKY nature. Seems to know FROST-BREATH, IRON-TAIL, ENCORE, and HAIL!

Oh, and here's what the POKéDEX says:

\* Its entire body is a snowy white. Unharmed by even intense cold, it swims powerfully in icy waters.

Score! Just mind-boggling.

> I found TENTACOOOL! It appears to be Lv. 92 with the moves FRUSTRATION, WRING-OUT, TAKE-DOWN, and SLUDGE-BOMB

It has a MILD nature, with the ability CLEAR-BODY.

Here's what the POKéDEX has to say about it:

\* They fire beams from the glassy, magenta orbs that resemble eyes atop their heads, and they drift in shallow seas. During low tide, they can sometimes be found on beaches, desiccated.

So dramatic!

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> I found PRIMEAPE! It appears to be Lv. 45 with the moves PAYBACK, CAPTIVATE, LOW-

SWEEP, and BODY-SLAM

It has a NAIVE nature, with the ability VITAL-SPIRIT.

Here's what the POKéDEX has to say about it:

\* It stops being angry only when nobody else is around. To view this moment is very difficult. So sensational!

> I found MEDITITE! It appears to be Lv. 87 with the moves ENDURE, BIDE, SUBSTITUTE, and FLING

It has a MODEST nature, with the ability PURE-POWER.

Here's what the POKéDEX has to say about it:

\* Meditite heightens its inner energy through meditation.

It survives on just one berry a day. Minimal eating is another aspect of this Pokémon's training.

So imposing!

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> Whoa, you won't believe it; I stumbled across PSYDUCK! And it's got the ability CLOUD-NINE!

Apparently it is Lv. 41 and has a MODEST nature. Seems to know ROCK-SMASH, COUNTER, PSYCH-UP, and ICE-BEAM!

Oh, and here's what the POKéDEX says:

\* Suffers perpetual headaches. If the agony grows too great, Psyduck's latent power erupts, contrary to Psyduck's intent. Ergo, I am exploring ways to ease the pain. Score! Just splendid.

> I went to the POKéMART to stock back up on potions and POKéBALLS. Always be prepared!

> Whoa, you won't believe it; I stumbled across NINJASK! And it's got the ability INFILTRATOR!

Apparently it is Lv. 80 and has a SASSY nature. Seems to know OMINOUS-WIND, ENDURE, GIGA-DRAIN, and SANDSTORM!

Oh, and here's what the POKéDEX says:

\* This Pokémon is so quick, it is said to be able to avoid any attack. It loves to feed on tree sap. Score! Just super.

> Hey, look what I caught - MACHOP! It's got quite a DOCILE nature.

According to my POKéDEX, it's Lv. 48 and knows MUD-SLAP, SUBSTITUTE, VACUUM-WAVE, and BULLDOZE

Nice, its ability is NO-GUARD!

The description from the POKéDEX states:

\* Though as small as a child, it has strength enough to easily throw a well-built adult. Striving to become ever stronger, Machop trains by carrying a Graveler on its shoulders. Dazzling find!

> Whoa, you won't believe it; I stumbled across KADABRA! And it's got the ability SYNCHRONIZE!

Apparently it is Lv. 35 and has a CAREFUL nature. Seems to know CONFIDE, SEISMIC-TOSS, CURSE, and DOUBLE-EDGE!

Oh, and here's what the POKéDEX says:

\* There are rumors that a child with mystical powers became a Kadabra; however, this remains unverified. I suspect that the spoon Kadabra holds enhances its brain waves.

Score! Just breathtaking.

> Despite my best efforts, I wasn't able to catch that JIGGLYPUFF... Hopefully I find another one!

> I found DUSTOX! It appears to be Lv. 25 with the moves DEFOG, STRUGGLE-BUG, TOXIC, and NATURAL-GIFT

It has a BRAVE nature, with the ability COMPOUND-EYES.

Here's what the POKéDEX has to say about it:

\* Tends to be drawn to bonfires on dark nights. Difficult to chase away from settlements because of the way it scatters highly toxic scales.

So amazing!

> Hey, look what I caught - PIKACHU! It's got quite a HASTY nature.

According to my POKéDEX, it's Lv. 68 and knows ROUND, DETECT, BODY-SLAM, and DOUBLE-KICK

Nice, its ability is STATIC!

The description from the POKéDEX states:

\* Possesses cheek sacs in which it stores electricity. This clever forest-dweller roasts tough berries with an electric shock before consuming them.

Formidable find!

> Whoa, you won't believe it; I stumbled across AERODACTYL! And it's got the ability UNNERVE!

Apparently it is Lv. 70 and has a TIMID nature. Seems to know RETURN, AERIAL-ACE, PAYBACK, and GIGA-IMPACT!

Oh, and here's what the POKéDEX says:

\* Aerodactyl's sawlike fangs can shred skin to tatters—even the skin of Steel-type Pokémon.

Score! Just dazzling.

> I found CACNEA! It appears to be Lv. 98 with the moves MUD-SLAP, COTTON-SPORE, BELCH, and GROWTH

It has a SERIOUS nature, with the ability SAND-VEIL.

Here's what the POKéDEX has to say about it:

\* The more arid and harsh the environment, the more pretty and fragrant a flower Cacnea grows. This Pokémon battles by wildly swinging its thorny arms.

So exhilarating!

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> Hey, look what I caught - NOSEPASS! It's got quite a LAX nature.

According to my POKéDEX, it's Lv. 77 and knows MIMIC, ROCK-TOMB, MIMIC, and THUNDER

Nice, its ability is MAGNET-PULL!

The description from the POKéDEX states:

\* Once the people of Hisui discovered that its red nose always points north, they grew to rely on it greatly when traveling afar.

The nose seems to work in a similar way to ancient compasses.

Stellar find!

> Hey, look what I caught - CACTURNE! It's got quite a RELAXED nature.

According to my POKéDEX, it's Lv. 63 and knows SWORDS-DANCE, CUT, FOUL-PLAY, and NEEDLE-ARM

Nice, its ability is WATER-ABSORB!

The description from the POKéDEX states:

\* If a traveler is going through a desert in the thick of night, Cacturne will follow in a ragtag group. The Pokémon are biding their time, waiting for the traveler to tire and become incapable of moving.  
Stirring find!

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 260 POKéMON and of that number I have CAUGHT 237 POKéMON.

That is 73% of the way there in terms of POKéMON SEEN!

A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.



- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHOP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.
- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.
- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.
- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.

- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.
- \* Lv. 28 EXEGGCUTE - CHLOROPHYLL and HARDY nature.
- \* Lv. 24 VENOMOTH - SHIELD-DUST and QUIRKY nature.
- \* Lv. 81 SHUPPET - CURSED-BODY and SASSY nature.
- \* Lv. 53 FARFETCHD - KEEN-EYE and QUIET nature.
- \* Lv. 95 GOLDEEN - LIGHTNING-ROD and TIMID nature.
- \* Lv. 36 ZANGOOSE - IMMUNITY and SASSY nature.
- \* Lv. 72 LICKITUNG - OWN-TEMPO and TIMID nature.
- \* Lv. 82 LUVDISC - SWIFT-SWIM and HARDY nature.
- \* Lv. 21 GRUMPIG - GLUTTONY and CALM nature.
- \* Lv. 86 LATIAS - LEVITATE and MILD nature.
- \* Lv. 99 RAICHU - LIGHTNING-ROD and IMPISH nature.
- \* Lv. 86 HAUNTER - LEVITATE and CALM nature.
- \* Lv. 70 ODDISH - CHLOROPHYLL and JOLLY nature.
- \* Lv. 85 JOLTEON - VOLT-ABSORB and SERIOUS nature.
- \* Lv. 100 NINCADA - COMPOUND-EYES and MODEST nature.
- \* Lv. 50 PHANPY - PICKUP and QUIET nature.
- \* Lv. 46 GOLDDUCK - SWIFT-SWIM and HASTY nature.
- \* Lv. 27 PINSIR - MOXIE and MILD nature.
- \* Lv. 92 TRAPINCH - ARENA-TRAP and GENTLE nature.
- \* Lv. 3 SPHEAL - ICE-BODY and RASH nature.
- \* Lv. 67 DRAGONAIR - MARVEL-SCALE and SASSY nature.
- \* Lv. 51 VOLTORB - SOUNDPROOF and HARDY nature.
- \* Lv. 54 GROWLITHE - FLASH-FIRE and JOLLY nature.
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- \* Lv. 67 MARSHTOMP - DAMP and BASHFUL nature.
- \* Lv. 15 SHARPEDO - ROUGH-SKIN and SERIOUS nature.
- \* Lv. 39 HYPNO - INNER-FOCUS and BASHFUL nature.
- \* Lv. 65 VOLTORB - STATIC and CAREFUL nature.
- \* Lv. 73 DIGLETT - ARENA-TRAP and NAUGHTY nature.

- \* Lv. 11 GOLEM - STURDY and ADAMANT nature.
- \* Lv. 25 WALREIN - THICK-FAT and BASHFUL nature.
- \* Lv. 47 WYNAUT - SHADOW-TAG and ADAMANT nature.
- \* Lv. 7 MAGCARGO - FLAME-BODY and GENTLE nature.
- \* Lv. 39 ARCANINE - INTIMIDATE and NAUGHTY nature.
- \* Lv. 40 DUSKULL - LEVITATE and LAX nature.
- \* Lv. 68 DELCATTY - CUTE-CHARM and BRAVE nature.
- \* Lv. 85 CLEFABLE - UNAWARE and BRAVE nature.
- \* Lv. 45 ANORITH - BATTLE-ARMOR and CALM nature.
- \* Lv. 71 SPEAROW - SNIPER and LAX nature.
- \* Lv. 6 LUDICOLOR - RAIN-DISH and ADAMANT nature.
- \* Lv. 21 SQUIRTLE - RAIN-DISH and CALM nature.
- \* Lv. 97 FEAROW - SNIPER and GENTLE nature.
- \* Lv. 23 ALAKAZAM - MAGIC-GUARD and TIMID nature.
- \* Lv. 42 VICTREEBEL - CHLOROPHYLL and IMPISH nature.
- \* Lv. 30 FLAREON - GUTS and HARDY nature.
- \* Lv. 42 GRIMER - STENCH and MILD nature.
- \* Lv. 77 KRABBY - SHELL-ARMOR and ADAMANT nature.
- \* Lv. 68 SOLROCK - LEVITATE and NAIVE nature.
- \* Lv. 13 SPINDA - OWN-TEMPO and MILD nature.
- \* Lv. 41 ZUBAT - INFILTRATOR and IMPISH nature.
- \* Lv. 29 LILEEP - STORM-DRAIN and MILD nature.
- \* Lv. 18 RHYHORN - LIGHTNING-ROD and CAREFUL nature.
- \* Lv. 39 HARIYAMA - THICK-FAT and HASTY nature.
- \* Lv. 93 ARMALDO - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 49 SWELLOW - GUTS and SERIOUS nature.
- \* Lv. 64 KINGLER - SHELL-ARMOR and BASHFUL nature.
- \* Lv. 89 MUK - STICKY-HOLD and QUIRKY nature.
- \* Lv. 12 LUNATONE - LEVITATE and ADAMANT nature.
- \* Lv. 21 ARTICUNO - PRESSURE and BOLD nature.
- \* Lv. 77 MEW - SYNCHRONIZE and RASH nature.
- \* Lv. 66 GENGAR - CURSED-BODY and BRAVE nature.
- \* Lv. 38 EEEVEE - ADAPTABILITY and TIMID nature.
- \* Lv. 21 WINGULL - KEEN-EYE and DOCILE nature.
- \* Lv. 62 DODRIO - RUN-AWAY and DOCILE nature.
- \* Lv. 69 SALAMENCE - INTIMIDATE and NAIVE nature.
- \* Lv. 35 PELIPPER - RAIN-DISH and RASH nature.
- \* Lv. 28 MILOTIC - MARVEL-SCALE and IMPISH nature.
- \* Lv. 2 HITMONLEE - LIMBER and CAREFUL nature.
- \* Lv. 85 ELECTRIKE - LIGHTNING-ROD and HARDY nature.
- \* Lv. 99 RAYQUAZA - AIR-LOCK and GENTLE nature.
- \* Lv. 32 ONIX - ROCK-HEAD and HARDY nature.
- \* Lv. 13 VULPIX - DROUGHT and JOLLY nature.
- \* Lv. 59 VIBRAVA - LEVITATE and QUIET nature.
- \* Lv. 10 FLYGON - LEVITATE and MODEST nature.
- \* Lv. 71 HUNTAIL - SWIFT-SWIM and HARDY nature.
- \* Lv. 47 IGGLYBUFF - CUTE-CHARM and ADAMANT nature.
- \* Lv. 10 NATU - SYNCHRONIZE and QUIRKY nature.
- \* Lv. 11 CORSOLA - HUSTLE and SASSY nature.
- \* Lv. 90 CHIMECHO - LEVITATE and BOLD nature.
- \* Lv. 91 KABUTOPS - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 29 SANDSLASH - SAND-RUSH and RASH nature.
- \* Lv. 30 GLALIE - INNER-FOCUS and RELAXED nature.
- \* Lv. 98 CORPHISH - ADAPTABILITY and GENTLE nature.
- \* Lv. 45 TENTACRUEL - CLEAR-BODY and SERIOUS nature.
- \* Lv. 46 CLEFAIRY - MAGIC-GUARD and IMPISH nature.
- \* Lv. 44 CROBAT - INNER-FOCUS and BRAVE nature.
- \* Lv. 73 WOBBUFFET - TELEPATHY and RELAXED nature.
- \* Lv. 1 BANETTE - FRISK and BRAVE nature.

- \* Lv. 54 MANECTRIC - STATIC and IMPISH nature.
- \* Lv. 22 DEWGONG - HYDRATION and QUIRKY nature.
- \* Lv. 92 TENTACOOOL - CLEAR-BODY and MILD nature.
- \* Lv. 45 PRIMEAPE - VITAL-SPIRIT and NAIVE nature.
- \* Lv. 87 MEDITITE - PURE-POWER and MODEST nature.
- \* Lv. 41 PSYDUCK - CLOUD-NINE and MODEST nature.
- \* Lv. 80 NINJASK - INFILTRATOR and SASSY nature.
- \* Lv. 48 MACHOP - NO-GUARD and DOCILE nature.
- \* Lv. 35 KADABRA - SYNCHRONIZE and CAREFUL nature.
- \* Lv. 25 DUSTOX - COMPOUND-EYES and BRAVE nature.
- \* Lv. 68 PIKACHU - STATIC and HASTY nature.
- \* Lv. 70 AERODACTYL - UNNERVE and TIMID nature.
- \* Lv. 98 CACNEA - SAND-VEIL and SERIOUS nature.
- \* Lv. 77 NOSEPASS - MAGNET-PULL and LAX nature.
- \* Lv. 63 CACTURNE - WATER-ABSORB and RELAXED nature.

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be prepared!

> Hey, look what I caught - DEOXYS! It's got quite a LAX nature. According to my POKÉDEX, it's Lv. 21 and knows ???, ???, ???, and ??? Nice, its ability is UNKNOWN! The description from the POKÉDEX states:  
 \* Deoxys emerged from a virus that came from space. It is highly intelligent and wields psychokinetic powers. This Pokémon shoots lasers from the crystalline organ on its chest. Unusual find!

> Whoa, you won't believe it; I stumbled across ARBOK! And it's got the ability UNNERVE!  
 Apparently it is Lv. 33 and has a LONELY nature. Seems to know RETURN, GIGA-IMPACT, BRUTAL-SWING, and THUNDER-FANG!  
 Oh, and here's what the POKÉDEX says:  
 \* The frightening patterns on its belly have been studied. Six variations have been confirmed. Score! Just fantabulous.

> Whoa, you won't believe it; I stumbled across JIRACHI! And it's got the ability SERENE-GRACE!  
 Apparently it is Lv. 75 and has a SERIOUS nature. Seems to know FLING, HEALING-WISH, SHADOW-BALL, and ANCIENT-POWER!  
 Oh, and here's what the POKÉDEX says:  
 \* It's believed that when this Pokémon wakes from its 1,000-year slumber, it will grant any wishes written on the notes attached to its head. Score! Just extraordinary.

> Whoa, you won't believe it; I stumbled across SEEL! And it's got the ability ICE-BODY!  
 Apparently it is Lv. 97 and has a NAIVE nature. Seems to know THIEF, AURORA-BEAM, BODY-SLAM, and RAIN-DANCE!  
 Oh, and here's what the POKÉDEX says:  
 \* Loves freezing-cold conditions. Relishes swimming in a frigid climate of around 14 degrees Fahrenheit. Score! Just noteworthy.

> Hey, look what I caught - HERACROSS! It's got quite a HASTY nature. According to my POKÉDEX, it's Lv. 48 and knows EARTHQUAKE, ARM-THRUST, SEISMIC-

TOSS, and FACADE

Nice, its ability is GUTS!

The description from the POKéDEX states:

\* This Pokémon has an unparalleled horn. Heracross itself demonstrates tremendous power—it's capable of throwing several people trained in the traditional arts of war at once. Formidable find!

> Shoot! I nearly caught a NIDORAN-F, but it got away. Better luck next time...

> Whoa, you won't believe it; I stumbled across SEADRA! And it's got the ability POISON-POINT!

Apparently it is Lv. 45 and has a HARDY nature. Seems to know HEADBUTT, ATTRACT, SLEEP-TALK, and HIDDEN-POWER!

Oh, and here's what the POKéDEX says:

\* Seadra's mouth is slender, but its suction power is strong. In an instant, Seadra can suck in food that's larger than the opening of its mouth.

Score! Just portentous.

> Hey, look what I caught - KIRLIA! It's got quite a NAIVE nature.

According to my POKéDEX, it's Lv. 28 and knows ENCORE, ECHOED-VOICE, LIGHT-SCREEN, and SKILL-SWAP

Nice, its ability is TRACE!

The description from the POKéDEX states:

\* It resembles a maiden in appearance, but it wields strange powers to project visions of paradise. I suspect the crimson ornaments on its head are the key to its abilities.

Overwhelming find!

> I found CARVANHA! It appears to be Lv. 64 with the moves PAYBACK, THIEF, THIEF, and SNARL

It has a NAIVE nature, with the ability SPEED-BOOST.

Here's what the POKéDEX has to say about it:

\* These Pokémon have sharp fangs and powerful jaws. Sailors avoid Carvanha dens at all costs.

So eye-opening!

> Whoa, you won't believe it; I stumbled across VIGOROTH! And it's got the ability VITAL-SPIRIT!

Apparently it is Lv. 44 and has a LONELY nature. Seems to know RETURN, WATER-PULSE, SEISMIC-TOSS, and EARTHQUAKE!

Oh, and here's what the POKéDEX says:

\* Vigoroth is simply incapable of remaining still. Even when it tries to sleep, the blood in its veins grows agitated, compelling this Pokémon to run wild throughout the jungle before it can settle down.

Score! Just confounding.

> I found SHEDINJA! It appears to be Lv. 72 with the moves AGILITY, SANDSTORM, STRING-SHOT, and FRUSTRATION

It has a QUIRKY nature, with the ability WONDER-GUARD.

Here's what the POKéDEX has to say about it:

\* A strange Pokémon—it flies without moving its wings, has a hollow shell for a body, and does not breathe.

So fab!

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an

escape rope!

> Whoa, you won't believe it; I stumbled across CHARIZARD! And it's got the ability BLAZE!

Apparently it is Lv. 92 and has a RELAXED nature. Seems to know TWISTER, TAKE-DOWN, DYNAMIC-PUNCH, and RAGE!

Oh, and here's what the POKÉDEX says:

\* Its wings can carry this Pokémon close to an altitude of 4,600 feet. It blows out fire at very high temperatures.

Score! Just dazzling.

> I ended up looking inside a damp, dark cave for new POKÉMON. Should've brought an escape rope!

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh, crisp air!

> Hey, look what I caught - MAGMAR! It's got quite a HASTY nature.

According to my POKÉDEX, it's Lv. 98 and knows FLAME-CHARGE, SEISMIC-TOSS, HEADBUTT, and FOCUS-PUNCH

Nice, its ability is FLAME-BODY!

The description from the POKÉDEX states:

\* Legend has it that this Pokémon was born from the crater of a volcano. When wounded, it bathes in lava to heal its body, much as one would soak in a hot spring.

Intense find!

> Whoa, you won't believe it; I stumbled across CHANSEY! And it's got the ability NATURAL-CURE!

Apparently it is Lv. 42 and has a NAIVE nature. Seems to know IRON-TAIL, WATER-GUN, SNORE, and COVET!

Oh, and here's what the POKÉDEX says:

\* This purehearted Pokémon shares its eggs with the injured.

Score! Just terrific.

> Whoa, you won't believe it; I stumbled across WEEPINBELL! And it's got the ability GLUTTONY!

Apparently it is Lv. 89 and has a DOCILE nature. Seems to know FACADE, GROWTH, FACADE, and SWORDS-DANCE!

Oh, and here's what the POKÉDEX says:

\* When hungry, it swallows anything that moves.

Its hapless prey is dissolved by strong acids.

Score! Just wonderful.

> I found CRAWDAUNT! It appears to be Lv. 95 with the moves ENDEAVOR, SUBSTITUTE, PAYBACK, and PROTECT

It has a QUIET nature, with the ability ADAPTABILITY.

Here's what the POKÉDEX has to say about it:

\* A brutish Pokémon that loves to battle. It will crash itself into any foe that approaches its nest.

So wonderful!

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be prepared!

> I found SPOINK! It appears to be Lv. 61 with the moves TOXIC, THIEF, ROUND, and TRICK-ROOM

It has a RASH nature, with the ability THICK-FAT.

Here's what the POKéDEX has to say about it:

\* Spoink keeps a pearl on top of its head. The pearl functions to amplify this Pokémon's psychokinetic powers. It is therefore on a constant search for a bigger pearl.  
So splendid!

> Hey, look what I caught - DONPHAN! It's got quite a CALM nature.  
According to my POKéDEX, it's Lv. 8 and knows ATTRACT, ENDURE, STONE-EDGE, and COUNTER

Nice, its ability is STURDY!

The description from the POKéDEX states:

\* If Donphan were to tackle with its hard body, even a house could be destroyed. Using its massive strength, the Pokémon helps clear rock and mud slides that block mountain trails.  
Astounding find!

> Hey, look what I caught - SEAKING! It's got quite a SERIOUS nature.  
According to my POKéDEX, it's Lv. 65 and knows FACADE, HYPER-BEAM, HEADBUTT, and FURY-ATTACK

Nice, its ability is SWIFT-SWIM!

The description from the POKéDEX states:

\* Using its horn, it bores holes in riverbed boulders, making nests to prevent its eggs from washing away.  
Stupendous find!

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 279 POKéMON and of that number I have CAUGHT 255 POKéMON.

That is 79% of the way there in terms of POKéMON SEEN!

A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.

- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.



- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHAMP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.
- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.
- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.
- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.
- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.
- \* Lv. 28 EXEGGCUTE - CHLOROPHYLL and HARDY nature.
- \* Lv. 24 VENOMOTH - SHIELD-DUST and QUIRKY nature.
- \* Lv. 81 SHUPPET - CURSED-BODY and SASSY nature.
- \* Lv. 53 FARFETCHD - KEEN-EYE and QUIET nature.
- \* Lv. 95 GOLDEEN - LIGHTNING-ROD and TIMID nature.
- \* Lv. 36 ZANGOOSE - IMMUNITY and SASSY nature.
- \* Lv. 72 LICKITUNG - OWN-TEMPO and TIMID nature.
- \* Lv. 82 LUVDISC - SWIFT-SWIM and HARDY nature.
- \* Lv. 21 GRUMPIG - GLUTTONY and CALM nature.
- \* Lv. 86 LATIAS - LEVITATE and MILD nature.
- \* Lv. 99 RAICHU - LIGHTNING-ROD and IMPISH nature.
- \* Lv. 86 HAUNTER - LEVITATE and CALM nature.
- \* Lv. 70 ODDISH - CHLOROPHYLL and JOLLY nature.
- \* Lv. 85 JOLTEON - VOLT-ABSORB and SERIOUS nature.
- \* Lv. 100 NINCADA - COMPOUND-EYES and MODEST nature.
- \* Lv. 50 PHANPY - PICKUP and QUIET nature.
- \* Lv. 46 GOLDDUCK - SWIFT-SWIM and HASTY nature.
- \* Lv. 27 PINSIR - MOXIE and MILD nature.
- \* Lv. 92 TRAPINCH - ARENA-TRAP and GENTLE nature.
- \* Lv. 3 SPHEAL - ICE-BODY and RASH nature.
- \* Lv. 67 DRAGONAIR - MARVEL-SCALE and SASSY nature.
- \* Lv. 51 VOLTORB - SOUNDPROOF and HARDY nature.
- \* Lv. 54 GROWLITHE - FLASH-FIRE and JOLLY nature.
- \* Lv. 70 VILEPLUME - EFFECT-SPORE and DOCILE nature.
- \* Lv. 79 REGICE - CLEAR-BODY and IMPISH nature.
- \* Lv. 70 IVYSAUR - OVERGROW and TIMID nature.
- \* Lv. 51 DRAGONITE - INNER-FOCUS and HARDY nature.
- \* Lv. 16 MAWILE - SHEER-FORCE and BOLD nature.
- \* Lv. 82 MINUN - MINUS and HARDY nature.
- \* Lv. 66 MAGNETON - STURDY and HARDY nature.
- \* Lv. 1 KECLEON - PROTEAN and CAREFUL nature.
- \* Lv. 69 PERSIAN - UNNERVE and BASHFUL nature.
- \* Lv. 99 GROUDON - DROUGHT and NAIVE nature.
- \* Lv. 54 PIDGEOT - KEEN-EYE and QUIET nature.
- \* Lv. 90 GOLDDUCK - CLOUD-NINE and SASSY nature.
- \* Lv. 37 SEEDOT - CHLOROPHYLL and BASHFUL nature.
- \* Lv. 91 POOCHYENA - RATTLED and JOLLY nature.

- \* Lv. 14 SANDSLASH - SAND-RUSH and BOLD nature.
- \* Lv. 67 WURMPLE - RUN-AWAY and HARDY nature.
- \* Lv. 23 TAILLOW - GUTS and GENTLE nature.
- \* Lv. 68 DROWZEE - INSOMNIA and TIMID nature.
- \* Lv. 85 CAMERUPT - SOLID-ROCK and DOCILE nature.
- \* Lv. 38 BLASTOISE - RAIN-DISH and SERIOUS nature.
- \* Lv. 41 GEODUDE - STURDY and QUIRKY nature.
- \* Lv. 100 WAILORD - PRESSURE and BRAVE nature.
- \* Lv. 40 MAGIKARP - SWIFT-SWIM and GENTLE nature.
- \* Lv. 85 DODRIO - RUN-AWAY and BRAVE nature.
- \* Lv. 99 MANKEY - ANGER-POINT and HASTY nature.
- \* Lv. 46 MAGNETON - MAGNET-PULL and SERIOUS nature.
- \* Lv. 74 SEALEO - ICE-BODY and GENTLE nature.
- \* Lv. 44 GLOOM - STENCH and DOCILE nature.
- \* Lv. 13 MACHOKE - STEADFAST and SERIOUS nature.
- \* Lv. 67 MARSHTOMP - DAMP and BASHFUL nature.
- \* Lv. 15 SHARPEDO - ROUGH-SKIN and SERIOUS nature.
- \* Lv. 39 HYPNO - INNER-FOCUS and BASHFUL nature.
- \* Lv. 65 VOLTORB - STATIC and CAREFUL nature.
- \* Lv. 73 DIGLETT - ARENA-TRAP and NAUGHTY nature.
- \* Lv. 11 GOLEM - STURDY and ADAMANT nature.
- \* Lv. 25 WALREIN - THICK-FAT and BASHFUL nature.
- \* Lv. 47 WYNAUT - SHADOW-TAG and ADAMANT nature.
- \* Lv. 7 MAGCARGO - FLAME-BODY and GENTLE nature.
- \* Lv. 39 ARCANINE - INTIMIDATE and NAUGHTY nature.
- \* Lv. 40 DUSKULL - LEVITATE and LAX nature.
- \* Lv. 68 DELCATTY - CUTE-CHARM and BRAVE nature.
- \* Lv. 85 CLEFABLE - UNAWARE and BRAVE nature.
- \* Lv. 45 ANORITH - BATTLE-ARMOR and CALM nature.
- \* Lv. 71 SPEAROW - SNIPER and LAX nature.
- \* Lv. 6 LUDICOLO - RAIN-DISH and ADAMANT nature.
- \* Lv. 21 SQUIRTLE - RAIN-DISH and CALM nature.
- \* Lv. 97 FEAROW - SNIPER and GENTLE nature.
- \* Lv. 23 ALAKAZAM - MAGIC-GUARD and TIMID nature.
- \* Lv. 42 VICTREEBEL - CHLOROPHYLL and IMPISH nature.
- \* Lv. 30 FLAREON - GUTS and HARDY nature.
- \* Lv. 42 GRIMER - STENCH and MILD nature.
- \* Lv. 77 KRABBY - SHELL-ARMOR and ADAMANT nature.
- \* Lv. 68 SOLROCK - LEVITATE and NAIVE nature.
- \* Lv. 13 SPINDA - OWN-TEMPO and MILD nature.
- \* Lv. 41 ZUBAT - INFILTRATOR and IMPISH nature.
- \* Lv. 29 LILEEP - STORM-DRAIN and MILD nature.
- \* Lv. 18 RHYHORN - LIGHTNING-ROD and CAREFUL nature.
- \* Lv. 39 HARIYAMA - THICK-FAT and HASTY nature.
- \* Lv. 93 ARMALDO - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 49 SWELLOW - GUTS and SERIOUS nature.
- \* Lv. 64 KINGLER - SHELL-ARMOR and BASHFUL nature.
- \* Lv. 89 MUK - STICKY-HOLD and QUIRKY nature.
- \* Lv. 12 LUNATONE - LEVITATE and ADAMANT nature.
- \* Lv. 21 ARTICUNO - PRESSURE and BOLD nature.
- \* Lv. 77 MEW - SYNCHRONIZE and RASH nature.
- \* Lv. 66 GENGAR - CURSED-BODY and BRAVE nature.
- \* Lv. 38 EEEVEE - ADAPTABILITY and TIMID nature.
- \* Lv. 21 WINGULL - KEEN-EYE and DOCILE nature.
- \* Lv. 62 DODRIO - RUN-AWAY and DOCILE nature.
- \* Lv. 69 SALAMENCE - INTIMIDATE and NAIVE nature.
- \* Lv. 35 PELIPPER - RAIN-DISH and RASH nature.
- \* Lv. 28 MILOTIC - MARVEL-SCALE and IMPISH nature.
- \* Lv. 2 HITMONLEE - LIMBER and CAREFUL nature.

- \* Lv. 85 ELECTRIKE - LIGHTNING-ROD and HARDY nature.
- \* Lv. 99 RAYQUAZA - AIR-LOCK and GENTLE nature.
- \* Lv. 32 ONIX - ROCK-HEAD and HARDY nature.
- \* Lv. 13 VULPIX - DROUGHT and JOLLY nature.
- \* Lv. 59 VIBRAVA - LEVITATE and QUIET nature.
- \* Lv. 10 FLYGON - LEVITATE and MODEST nature.
- \* Lv. 71 HUNTAIL - SWIFT-SWIM and HARDY nature.
- \* Lv. 47 IGGLYBUFF - CUTE-CHARM and ADAMANT nature.
- \* Lv. 10 NATU - SYNCHRONIZE and QUIRKY nature.
- \* Lv. 11 CORSOLA - HUSTLE and SASSY nature.
- \* Lv. 90 CHIMECHO - LEVITATE and BOLD nature.
- \* Lv. 91 KABUTOPS - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 29 SANDSLASH - SAND-RUSH and RASH nature.
- \* Lv. 30 GLALIE - INNER-FOCUS and RELAXED nature.
- \* Lv. 98 CORPHISH - ADAPTABILITY and GENTLE nature.
- \* Lv. 45 TENTACRUEL - CLEAR-BODY and SERIOUS nature.
- \* Lv. 46 CLEFAIRY - MAGIC-GUARD and IMPISH nature.
- \* Lv. 44 CROBAT - INNER-FOCUS and BRAVE nature.
- \* Lv. 73 WOBBUFFET - TELEPATHY and RELAXED nature.
- \* Lv. 1 BANETTE - FRISK and BRAVE nature.
- \* Lv. 54 MANECTRIC - STATIC and IMPISH nature.
- \* Lv. 22 DEWGONG - HYDRATION and QUIRKY nature.
- \* Lv. 92 TENTACOOOL - CLEAR-BODY and MILD nature.
- \* Lv. 45 PRIMEAPE - VITAL-SPIRIT and NAIVE nature.
- \* Lv. 87 MEDITITE - PURE-POWER and MODEST nature.
- \* Lv. 41 PSYDUCK - CLOUD-NINE and MODEST nature.
- \* Lv. 80 NINJASK - INFILTRATOR and SASSY nature.
- \* Lv. 48 MACHOP - NO-GUARD and DOCILE nature.
- \* Lv. 35 KADABRA - SYNCHRONIZE and CAREFUL nature.
- \* Lv. 25 DUSTOX - COMPOUND-EYES and BRAVE nature.
- \* Lv. 68 PIKACHU - STATIC and HASTY nature.
- \* Lv. 70 AERODACTYL - UNNERVE and TIMID nature.
- \* Lv. 98 CACNEA - SAND-VEIL and SERIOUS nature.
- \* Lv. 77 NOSEPASS - MAGNET-PULL and LAX nature.
- \* Lv. 63 CACTURNE - WATER-ABSORB and RELAXED nature.
- \* Lv. 21 DEOXYX - UNKNOWN and LAX nature.
- \* Lv. 33 ARBOK - UNNERVE and LONELY nature.
- \* Lv. 75 JIRACHI - SERENE-GRACE and SERIOUS nature.
- \* Lv. 97 SEEL - ICE-BODY and NAIVE nature.
- \* Lv. 48 HERACROSS - GUTS and HASTY nature.
- \* Lv. 45 SEADRA - POISON-POINT and HARDY nature.
- \* Lv. 28 KIRLIA - TRACE and NAIVE nature.
- \* Lv. 64 CARVANHA - SPEED-BOOST and NAIVE nature.
- \* Lv. 44 VIGOROTH - VITAL-SPIRIT and LONELY nature.
- \* Lv. 72 SHEDINJA - WONDER-GUARD and QUIRKY nature.
- \* Lv. 92 CHARIZARD - BLAZE and RELAXED nature.
- \* Lv. 98 MAGMAR - FLAME-BODY and HASTY nature.
- \* Lv. 42 CHANSEY - NATURAL-CURE and NAIVE nature.
- \* Lv. 89 WEEPINBELL - GLUTTONY and DOCILE nature.
- \* Lv. 95 CRAWDAUNT - ADAPTABILITY and QUIET nature.
- \* Lv. 61 SPOINK - THICK-FAT and RASH nature.
- \* Lv. 8 DONPHAN - STURDY and CALM nature.
- \* Lv. 65 SEAKING - SWIFT-SWIM and SERIOUS nature.

> I found AGGRON! It appears to be Lv. 15 with the moves DOUBLE-TEAM, SMART-STRIKE, SHADOW-CLAW, and SHOCK-WAVE

It has a ADAMANT nature, with the ability STURDY.

Here's what the POKéDEX has to say about it:

\* Long ago, there was a king who wore a helmet

meant to resemble the head of an Aggron. He was trying to channel the Pokémon's strength. So super!

> Hey, look what I caught - RALTS! It's got quite a QUIET nature. According to my POKéDEX, it's Lv. 54 and knows ROUND, CONFUSION, TELEKINESIS, and GRASS-KNOT

Nice, its ability is SYNCHRONIZE!

The description from the POKéDEX states:

\* Tends to prefer people with a chipper disposition to those who are gloomy, but it has shown no discrimination with regard to age or gender. Needs more research.

Rare find!

> I found LANTURN! It appears to be Lv. 63 with the moves SUPERSONIC, SCREECH, SPARK, and FLASH

It has a MILD nature, with the ability ILLUMINATE.

Here's what the POKéDEX has to say about it:

\* This Pokémon flashes a bright light that blinds its prey. This creates an opening for it to deliver an electrical attack.

So moving!

> Whoa, you won't believe it; I stumbled across GYARADOS! And it's got the ability MOXIE!

Apparently it is Lv. 74 and has a SERIOUS nature. Seems to know RETURN, ROAR, ENDURE, and MIMIC!

Oh, and here's what the POKéDEX says:

\* I suspect this Pokémon to be the true identity of a dragon written of in ancient texts, which claimed that it razed an entire village with white-hot beams from its maw.

Score! Just stellar.

> Hey, look what I caught - SLOWPOKE! It's got quite a MODEST nature.

According to my POKéDEX, it's Lv. 5 and knows DOUBLE-TEAM, WATER-GUN, BELCH, and PSYSHOCK

Nice, its ability is OWN-TEMPO!

The description from the POKéDEX states:

\* When this Pokémon's tail is soaked in water, sweetness seeps from it. Slowpoke uses this trait to lure in and fish up other Pokémon.

Stellar find!

> I decided to go back to the nearest POKéCENTRE and heal up the team. Time to refresh!

> I decided to go back to the nearest POKéCENTRE and heal up the team. Time to refresh!

> Hey, look what I caught - ODDISH! It's got quite a ADAMANT nature.

According to my POKéDEX, it's Lv. 66 and knows POISON-POWDER, MIMIC, STUN-SPORE, and STUN-SPORE

Nice, its ability is RUN-AWAY!

The description from the POKéDEX states:

\* During the day, it stays in the cold underground to avoid the sun. It grows by bathing in moonlight.

Moving find!

> Whoa, you won't believe it; I stumbled across SWALOT! And it's got the ability

GLUTTONY!

Apparently it is Lv. 66 and has a MODEST nature. Seems to know VENOSHOCK, SHADOW-BALL, ROUND, and COUNTER!

Oh, and here's what the POKÉDEX says:

\* Swalot has no teeth, so what it eats, it swallows whole, no matter what. Its cavernous mouth yawns widely. An automobile tire could easily fit inside this Pokémon's mouth.

Score! Just phenomenal.

> Whoa, you won't believe it; I stumbled across STARYU! And it's got the ability ILLUMINATE!

Apparently it is Lv. 8 and has a CAREFUL nature. Seems to know DOUBLE-EDGE, THUNDER, PSYWAVE, and ICE-BEAM!

Oh, and here's what the POKÉDEX says:

\* Fish Pokémon nibble at it, but Staryu isn't bothered. Its body regenerates quickly, even if part of it is completely torn off.

Score! Just unbelievable.

> Whoa, you won't believe it; I stumbled across RHYDON! And it's got the ability RECKLESS!

Apparently it is Lv. 93 and has a RASH nature. Seems to know WHIRLPOOL, NATURAL-GIFT, SMACK-DOWN, and HYPER-BEAM!

Oh, and here's what the POKÉDEX says:

\* Rapidly rotates its horn to bore through bedrock. It swaggers around volcanic regions, protected from the lava's heat by its tough, armorlike hide.

Score! Just startling.

> I found ABRA! It appears to be Lv. 64 with the moves TRI-ATTACK, ATTRACT, TAKE-DOWN, and SAFEGUARD

It has a SERIOUS nature, with the ability MAGIC-GUARD.

Here's what the POKÉDEX has to say about it:

\* Spends 18 hours of the day sleeping. Even while asleep, Abra can control its psychic powers—should danger approach, the Pokémon will simply teleport away.

So jaw-dropping!

> Despite my best efforts, I wasn't able to catch that BAGON... Hopefully I find another one!

> I found SLUGMA! It appears to be Lv. 91 with the moves HIDDEN-POWER, AMNESIA, TOXIC, and SNORE

It has a RASH nature, with the ability MAGMA-ARMOR.

Here's what the POKÉDEX has to say about it:

\* Slugma does not have any blood in its body. Instead, intensely hot magma circulates throughout this Pokémon's body, carrying essential nutrients and oxygen to its organs.

So uncommon!

> Despite my best efforts, I wasn't able to catch that MUDKIP... Hopefully I find another one!

> Whoa, you won't believe it; I stumbled across NINETALES! And it's got the ability DROUGHT!

Apparently it is Lv. 87 and has a RASH nature. Seems to know STORED-POWER, REFLECT, PROTECT, and NATURAL-GIFT!

Oh, and here's what the POKÉDEX says:

\* The coat of gleaming golden fur is quite magnificent.

This species is said to store sacred power in its nine long tails and to live for a millennium.  
Score! Just fabulous.

> I found GOLBAT! It appears to be Lv. 31 with the moves MEAN-LOOK, HAZE, ATTRACT, and GIGA-IMPACT

It has a BRAVE nature, with the ability INFILTRATOR.

Here's what the POKéDEX has to say about it:

\* It sinks its sharp fangs into other creatures and slurps up their blood. A closer look at the fangs reveals that they are hollow and akin to straws.

So outstanding!

> Hey, look what I caught - PSYDUCK! It's got quite a HARDY nature.

According to my POKéDEX, it's Lv. 64 and knows TOXIC, MUD-BOMB, REFRESH, and FORESIGHT

Nice, its ability is CLOUD-NINE!

The description from the POKéDEX states:

\* Suffers perpetual headaches. If the agony grows too great, Psyduck's latent power erupts, contrary to Psyduck's intent.  
Ergo, I am exploring ways to ease the pain.

Fascinating find!

> Hey, look what I caught - SANDSHREW! It's got quite a ADAMANT nature.

According to my POKéDEX, it's Lv. 82 and knows FLING, DOUBLE-EDGE, SECRET-POWER, and EARTH-POWER

Nice, its ability is SAND-VEIL!

The description from the POKéDEX states:

\* It burrows into the ground to create its nest. If hard stones impede its tunneling, it uses its sharp claws to shatter them and then carries on digging.

Confounding find!

> Hey, look what I caught - SLOWBRO! It's got quite a GENTLE nature.

According to my POKéDEX, it's Lv. 28 and knows REST, SUBMISSION, FURY-CUTTER, and ICY-WIND

Nice, its ability is REGENERATOR!

The description from the POKéDEX states:

\* Being bitten by a Shellder shocked this Pokémon into standing on two legs. If the Shellder lets go, it seems Slowbro will turn back into a Slowpoke.

Super find!

> Hey, look what I caught - MAGNEMITE! It's got quite a MILD nature.

According to my POKéDEX, it's Lv. 92 and knows CONFIDE, LOCK-ON, MAGIC-COAT, and DISCHARGE

Nice, its ability is MAGNET-PULL!

The description from the POKéDEX states:

\* A bizarre Pokémon with but a single eye embedded in an iron sphere. I suspect this creature levitates due to the magnetism it emits from its arms, which resemble horseshoe-shaped magnets.

Terrific find!

> Hey, look what I caught - PIKACHU! It's got quite a SERIOUS nature.

According to my POKéDEX, it's Lv. 51 and knows ROUND, CALM-MIND, RAIN-DANCE, and ELECTRIC-TERRAIN

Nice, its ability is LIGHTNING-ROD!

The description from the POKéDEX states:

\* Possesses cheek sacs in which it stores electricity. This clever

forest-dweller roasts tough berries with an electric shock before consuming them.  
Great find!

> I found TREECKO! It appears to be Lv. 38 with the moves DRAIN-PUNCH, FLASH, BRICK-BREAK, and ROCK-SLIDE

It has a BOLD nature, with the ability UNBURDEN.

Here's what the POKéDEX has to say about it:

\* Treecko is cool, calm, and collected—it never panics under any situation. If a bigger foe were to glare at this Pokémon, it would glare right back without conceding an inch of ground. So mind-blowing!

> I decided to enter a forest on a nearby route to look for new POKéMON. So eerie...

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 300 POKéMON and of that number I have CAUGHT 274 POKéMON.

That is 84% of the way there in terms of POKéMON SEEN!

A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.

- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHOP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.
- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.



- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.
- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.
- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.
- \* Lv. 28 EXEGGCUTE - CHLOROPHYLL and HARDY nature.
- \* Lv. 24 VENOMOTH - SHIELD-DUST and QUIRKY nature.
- \* Lv. 81 SHUPPET - CURSED-BODY and SASSY nature.
- \* Lv. 53 FARFETCHD - KEEN-EYE and QUIET nature.
- \* Lv. 95 GOLDEEN - LIGHTNING-ROD and TIMID nature.
- \* Lv. 36 ZANGOOSE - IMMUNITY and SASSY nature.
- \* Lv. 72 LICKITUNG - OWN-TEMPO and TIMID nature.
- \* Lv. 82 LUVDISC - SWIFT-SWIM and HARDY nature.
- \* Lv. 21 GRUMPIG - GLUTTONY and CALM nature.
- \* Lv. 86 LATIAS - LEVITATE and MILD nature.
- \* Lv. 99 RAICHU - LIGHTNING-ROD and IMPISH nature.
- \* Lv. 86 HAUNTER - LEVITATE and CALM nature.
- \* Lv. 70 ODDISH - CHLOROPHYLL and JOLLY nature.
- \* Lv. 85 JOLTEON - VOLT-ABSORB and SERIOUS nature.
- \* Lv. 100 NINCADA - COMPOUND-EYES and MODEST nature.
- \* Lv. 50 PHANPY - PICKUP and QUIET nature.
- \* Lv. 46 GOLDDUCK - SWIFT-SWIM and HASTY nature.
- \* Lv. 27 PINSIR - MOXIE and MILD nature.
- \* Lv. 92 TRAPINCH - ARENA-TRAP and GENTLE nature.
- \* Lv. 3 SPHEAL - ICE-BODY and RASH nature.
- \* Lv. 67 DRAGONAIR - MARVEL-SCALE and SASSY nature.
- \* Lv. 51 VOLTORB - SOUNDPROOF and HARDY nature.
- \* Lv. 54 GROWLITHE - FLASH-FIRE and JOLLY nature.
- \* Lv. 70 VILEPLUME - EFFECT-SPORE and DOCILE nature.
- \* Lv. 79 REGICE - CLEAR-BODY and IMPISH nature.
- \* Lv. 70 IVYSAUR - OVERGROW and TIMID nature.
- \* Lv. 51 DRAGONITE - INNER-FOCUS and HARDY nature.
- \* Lv. 16 MAWILE - SHEER-FORCE and BOLD nature.
- \* Lv. 82 MINUN - MINUS and HARDY nature.
- \* Lv. 66 MAGNETON - STURDY and HARDY nature.
- \* Lv. 1 KECLEON - PROTEAN and CAREFUL nature.
- \* Lv. 69 PERSIAN - UNNERVE and BASHFUL nature.
- \* Lv. 99 GROUDON - DROUGHT and NAIVE nature.
- \* Lv. 54 PIDGEOT - KEEN-EYE and QUIET nature.
- \* Lv. 90 GOLDDUCK - CLOUD-NINE and SASSY nature.
- \* Lv. 37 SEEDOT - CHLOROPHYLL and BASHFUL nature.
- \* Lv. 91 POOCHYENA - RATTLED and JOLLY nature.
- \* Lv. 14 SANDSLASH - SAND-RUSH and BOLD nature.
- \* Lv. 67 WURMPLE - RUN-AWAY and HARDY nature.
- \* Lv. 23 TAILLOW - GUTS and GENTLE nature.
- \* Lv. 68 DROWZEE - INSOMNIA and TIMID nature.
- \* Lv. 85 CAMERUPT - SOLID-ROCK and DOCILE nature.
- \* Lv. 38 BLASTOISE - RAIN-DISH and SERIOUS nature.
- \* Lv. 41 GEODUDE - STURDY and QUIRKY nature.
- \* Lv. 100 WAILORD - PRESSURE and BRAVE nature.
- \* Lv. 40 MAGIKARP - SWIFT-SWIM and GENTLE nature.
- \* Lv. 85 DODRIO - RUN-AWAY and BRAVE nature.

- \* Lv. 99 MANKEY - ANGER-POINT and HASTY nature.
- \* Lv. 46 MAGNETON - MAGNET-PULL and SERIOUS nature.
- \* Lv. 74 SEALEO - ICE-BODY and GENTLE nature.
- \* Lv. 44 GLOOM - STENCH and DOCILE nature.
- \* Lv. 13 MACHOKE - STEADFAST and SERIOUS nature.
- \* Lv. 67 MARSHTOMP - DAMP and BASHFUL nature.
- \* Lv. 15 SHARPEDO - ROUGH-SKIN and SERIOUS nature.
- \* Lv. 39 HYPNO - INNER-FOCUS and BASHFUL nature.
- \* Lv. 65 VOLTORB - STATIC and CAREFUL nature.
- \* Lv. 73 DIGLETT - ARENA-TRAP and NAUGHTY nature.
- \* Lv. 11 GOLEM - STURDY and ADAMANT nature.
- \* Lv. 25 WALREIN - THICK-FAT and BASHFUL nature.
- \* Lv. 47 WYNAUT - SHADOW-TAG and ADAMANT nature.
- \* Lv. 7 MAGCARGO - FLAME-BODY and GENTLE nature.
- \* Lv. 39 ARCANINE - INTIMIDATE and NAUGHTY nature.
- \* Lv. 40 DUSKULL - LEVITATE and LAX nature.
- \* Lv. 68 DELCATTY - CUTE-CHARM and BRAVE nature.
- \* Lv. 85 CLEFABLE - UNAWARE and BRAVE nature.
- \* Lv. 45 ANORITH - BATTLE-ARMOR and CALM nature.
- \* Lv. 71 SPEAROW - SNIPER and LAX nature.
- \* Lv. 6 LUDICOLO - RAIN-DISH and ADAMANT nature.
- \* Lv. 21 SQUIRTLE - RAIN-DISH and CALM nature.
- \* Lv. 97 FEAROW - SNIPER and GENTLE nature.
- \* Lv. 23 ALAKAZAM - MAGIC-GUARD and TIMID nature.
- \* Lv. 42 VICTREEBEL - CHLOROPHYLL and IMPISH nature.
- \* Lv. 30 FLAREON - GUTS and HARDY nature.
- \* Lv. 42 GRIMER - STENCH and MILD nature.
- \* Lv. 77 KRABBY - SHELL-ARMOR and ADAMANT nature.
- \* Lv. 68 SOLROCK - LEVITATE and NAIVE nature.
- \* Lv. 13 SPINDA - OWN-TEMPO and MILD nature.
- \* Lv. 41 ZUBAT - INFILTRATOR and IMPISH nature.
- \* Lv. 29 LILEEP - STORM-DRAIN and MILD nature.
- \* Lv. 18 RHYHORN - LIGHTNING-ROD and CAREFUL nature.
- \* Lv. 39 HARIYAMA - THICK-FAT and HASTY nature.
- \* Lv. 93 ARMALDO - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 49 SWELLOW - GUTS and SERIOUS nature.
- \* Lv. 64 KINGLER - SHELL-ARMOR and BASHFUL nature.
- \* Lv. 89 MUK - STICKY-HOLD and QUIRKY nature.
- \* Lv. 12 LUNATONE - LEVITATE and ADAMANT nature.
- \* Lv. 21 ARTICUNO - PRESSURE and BOLD nature.
- \* Lv. 77 MEW - SYNCHRONIZE and RASH nature.
- \* Lv. 66 GENGAR - CURSED-BODY and BRAVE nature.
- \* Lv. 38 EEVEE - ADAPTABILITY and TIMID nature.
- \* Lv. 21 WINGULL - KEEN-EYE and DOCILE nature.
- \* Lv. 62 DODRIO - RUN-AWAY and DOCILE nature.
- \* Lv. 69 SALAMENCE - INTIMIDATE and NAIVE nature.
- \* Lv. 35 PELIPPER - RAIN-DISH and RASH nature.
- \* Lv. 28 MILOTIC - MARVEL-SCALE and IMPISH nature.
- \* Lv. 2 HITMONLEE - LIMBER and CAREFUL nature.
- \* Lv. 85 ELECTRIKE - LIGHTNING-ROD and HARDY nature.
- \* Lv. 99 RAYQUAZA - AIR-LOCK and GENTLE nature.
- \* Lv. 32 ONIX - ROCK-HEAD and HARDY nature.
- \* Lv. 13 VULPIX - DROUGHT and JOLLY nature.
- \* Lv. 59 VIBRAVA - LEVITATE and QUIET nature.
- \* Lv. 10 FLYGON - LEVITATE and MODEST nature.
- \* Lv. 71 HUNTAIL - SWIFT-SWIM and HARDY nature.
- \* Lv. 47 IGGLYBUFF - CUTE-CHARM and ADAMANT nature.
- \* Lv. 10 NATU - SYNCHRONIZE and QUIRKY nature.
- \* Lv. 11 CORSOLA - HUSTLE and SASSY nature.

- \* Lv. 90 CHIMECHO - LEVITATE and BOLD nature.
- \* Lv. 91 KABUTOPS - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 29 SANDSLASH - SAND-RUSH and RASH nature.
- \* Lv. 30 GLALIE - INNER-FOCUS and RELAXED nature.
- \* Lv. 98 CORPHISH - ADAPTABILITY and GENTLE nature.
- \* Lv. 45 TENTACRUEL - CLEAR-BODY and SERIOUS nature.
- \* Lv. 46 CLEFAIRY - MAGIC-GUARD and IMPISH nature.
- \* Lv. 44 CROBAT - INNER-FOCUS and BRAVE nature.
- \* Lv. 73 WOBBUFFET - TELEPATHY and RELAXED nature.
- \* Lv. 1 BANETTE - FRISK and BRAVE nature.
- \* Lv. 54 MANECTRIC - STATIC and IMPISH nature.
- \* Lv. 22 DEWGONG - HYDRATION and QUIRKY nature.
- \* Lv. 92 TENTACOOOL - CLEAR-BODY and MILD nature.
- \* Lv. 45 PRIMEAPE - VITAL-SPIRIT and NAIVE nature.
- \* Lv. 87 MEDITITE - PURE-POWER and MODEST nature.
- \* Lv. 41 PSYDUCK - CLOUD-NINE and MODEST nature.
- \* Lv. 80 NINJASK - INFILTRATOR and SASSY nature.
- \* Lv. 48 MACHOP - NO-GUARD and DOCILE nature.
- \* Lv. 35 KADABRA - SYNCHRONIZE and CAREFUL nature.
- \* Lv. 25 DUSTOX - COMPOUND-EYES and BRAVE nature.
- \* Lv. 68 PIKACHU - STATIC and HASTY nature.
- \* Lv. 70 AERODACTYL - UNNERVE and TIMID nature.
- \* Lv. 98 CACNEA - SAND-VEIL and SERIOUS nature.
- \* Lv. 77 NOSEPASS - MAGNET-PULL and LAX nature.
- \* Lv. 63 CACTURNE - WATER-ABSORB and RELAXED nature.
- \* Lv. 21 DEOXYS - UNKNOWN and LAX nature.
- \* Lv. 33 ARBOK - UNNERVE and LONELY nature.
- \* Lv. 75 JIRACHI - SERENE-GRACE and SERIOUS nature.
- \* Lv. 97 SEEL - ICE-BODY and NAIVE nature.
- \* Lv. 48 HERACROSS - GUTS and HASTY nature.
- \* Lv. 45 SEADRA - POISON-POINT and HARDY nature.
- \* Lv. 28 KIRLIA - TRACE and NAIVE nature.
- \* Lv. 64 CARVANHA - SPEED-BOOST and NAIVE nature.
- \* Lv. 44 VIGOROTH - VITAL-SPIRIT and LONELY nature.
- \* Lv. 72 SHEDINJA - WONDER-GUARD and QUIRKY nature.
- \* Lv. 92 CHARIZARD - BLAZE and RELAXED nature.
- \* Lv. 98 MAGMAR - FLAME-BODY and HASTY nature.
- \* Lv. 42 CHANSEY - NATURAL-CURE and NAIVE nature.
- \* Lv. 89 WEEPINBELL - GLUTTONY and DOCILE nature.
- \* Lv. 95 CRAWDAUNT - ADAPTABILITY and QUIET nature.
- \* Lv. 61 SPOINK - THICK-FAT and RASH nature.
- \* Lv. 8 DONPHAN - STURDY and CALM nature.
- \* Lv. 65 SEAKING - SWIFT-SWIM and SERIOUS nature.
- \* Lv. 15 AGGRON - STURDY and ADAMANT nature.
- \* Lv. 54 RALTS - SYNCHRONIZE and QUIET nature.
- \* Lv. 63 LANTURN - ILLUMINATE and MILD nature.
- \* Lv. 74 GYARADOS - MOXIE and SERIOUS nature.
- \* Lv. 5 SLOWPOKE - OWN-TEMPO and MODEST nature.
- \* Lv. 66 ODDISH - RUN-AWAY and ADAMANT nature.
- \* Lv. 66 SWALOT - GLUTTONY and MODEST nature.
- \* Lv. 8 STARYU - ILLUMINATE and CAREFUL nature.
- \* Lv. 93 RHYDON - RECKLESS and RASH nature.
- \* Lv. 64 ABRA - MAGIC-GUARD and SERIOUS nature.
- \* Lv. 91 SLUGMA - MAGMA-ARMOR and RASH nature.
- \* Lv. 87 NINETALES - DROUGHT and RASH nature.
- \* Lv. 31 GOLBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 64 PSYDUCK - CLOUD-NINE and HARDY nature.
- \* Lv. 82 SANDSHREW - SAND-VEIL and ADAMANT nature.
- \* Lv. 28 SLOWBRO - REGENERATOR and GENTLE nature.

- \* Lv. 92 MAGNEMITE - MAGNET-PULL and MILD nature.
- \* Lv. 51 PIKACHU - LIGHTNING-ROD and SERIOUS nature.
- \* Lv. 38 TREECKO - UNBURDEN and BOLD nature.

> I decided to enter a forest on a nearby route to look for new POKÉMON. So eerie...

> I found PINSIR! It appears to be Lv. 35 with the moves TAKE-DOWN, BRICK-BREAK, BODY-SLAM, and PROTECT  
It has a GENTLE nature, with the ability MOLD-BREAKER.  
Here's what the POKÉDEX has to say about it:  
\* This Pokémon clamps its pincers down on its prey  
and then either splits the prey in half or flings  
it away.  
So unusual!

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be prepared!

> I decided to enter a forest on a nearby route to look for new POKÉMON. So eerie...

> I ended up looking inside a damp, dark cave for new POKÉMON. Should've brought an escape rope!

> Whoa, you won't believe it; I stumbled across CLAMPERL! And it's got the ability RATTLED!  
Apparently it is Lv. 89 and has a QUIET nature. Seems to know TOXIC, ICY-WIND, SURF, and SNORE!  
Oh, and here's what the POKÉDEX says:  
\* Clamperl's pearls are exceedingly precious.  
They can be more than 10 times as costly  
as Shellder's pearls.  
Score! Just outstanding.

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> I found PIDGEY! It appears to be Lv. 65 with the moves RAIN-DANCE, RAZOR-WIND, HEAT-WAVE, and RAGE  
It has a ADAMANT nature, with the ability TANGLED-FEET.  
Here's what the POKÉDEX has to say about it:  
\* Very docile. If attacked, it will often kick up  
sand to protect itself rather than fight back.  
So heart-stopping!

> I decided to go back to the nearest POKÉCENTRE and heal up the team. Time to refresh!

> Whoa, you won't believe it; I stumbled across POLIWRATH! And it's got the ability DAMP!  
Apparently it is Lv. 96 and has a HASTY nature. Seems to know HYPER-BEAM, BUBBLE, SNORE, and MUD-SLAP!  
Oh, and here's what the POKÉDEX says:  
\* Poliwrath is skilled at both swimming and martial  
arts. It uses its well-trained arms to dish out  
powerful punches.  
Score! Just fab.

> Aw, I found a TORKOAL but it managed to slip away. It looked strong, too...

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh, crisp air!

> Hey, look what I caught - TORCHIC! It's got quite a HARDY nature.

According to my POKÉDEX, it's Lv. 2 and knows WORK-UP, ROCK-TOMB, MIRROR-MOVE, and MIMIC

Nice, its ability is SPEED-BOOST!

The description from the POKÉDEX states:

\* Torchic has a place inside its body where it keeps its flame.

Give it a hug—it will be glowing with warmth. This Pokémon is covered all over by a fluffy coat of down.

Prodigious find!

> Whoa, you won't believe it; I stumbled across LINOONE! And it's got the ability PICKUP!

Apparently it is Lv. 6 and has a BASHFUL nature. Seems to know ENDURE, SWAGGER, GUNK-SHOT, and GUNK-SHOT!

Oh, and here's what the POKÉDEX says:

\* It uses its explosive speed and razor-sharp claws to bring down prey. Running along winding paths is not its strong suit.

Score! Just monumental.

> Hey, look what I caught - DODUO! It's got quite a CAREFUL nature.

According to my POKÉDEX, it's Lv. 84 and knows MUD-SLAP, TAKE-DOWN, SKULL-BASH, and MIMIC

Nice, its ability is TANGLED-FEET!

The description from the POKÉDEX states:

\* Its short wings make flying difficult. Instead, this Pokémon runs at high speed on developed legs.

Grand find!

> I decided to enter a forest on a nearby route to look for new POKÉMON. So eerie...

> I took a stroll down a nice route full of people and POKÉMON - I love the fresh, crisp air!

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be prepared!

> Hey, look what I caught - ELECTRODE! It's got quite a CALM nature.

According to my POKÉDEX, it's Lv. 2 and knows SLEEP-TALK, MIMIC, TELEKINESIS, and ROUND

Nice, its ability is SOUNDPROOF!

The description from the POKÉDEX states:

\* The tissue on the surface of its body is curiously similar in composition to an Apricorn. When irritated, this Pokémon lets loose an electric current equal to 20 lightning bolts.

Sublime find!

> Hey, look what I caught - MACHAMP! It's got quite a JOLLY nature.

According to my POKÉDEX, it's Lv. 15 and knows FLAMETHROWER, DETECT, CURSE, and LEER

Nice, its ability is STEADFAST!

The description from the POKÉDEX states:

\* In close combat, its four arms afford it offensive and defensive

supremacy. In but a blink, this valiant Pokémon can overwhelm its foes with more than 1,000 blows from its fists. Wondrous find!

> I found GYARADOS! It appears to be Lv. 78 with the moves MIMIC, HIDDEN-POWER, EARTHQUAKE, and LASH-OUT

It has a LONELY nature, with the ability MOXIE.

Here's what the POKéDEX has to say about it:

\* I suspect this Pokémon to be the true identity of a dragon written of in ancient texts, which claimed that it razed an entire village with white-hot beams from its maw. So unbelievable!

> Whoa, you won't believe it; I stumbled across GRAVELER! And it's got the ability ROCK-HEAD!

Apparently it is Lv. 24 and has a NAUGHTY nature. Seems to know SECRET-POWER, EARTH-POWER, CAPTIVATE, and SUBMISSION!

Oh, and here's what the POKéDEX says:

\* Dwells in holes dug into sheer walls of stone. It enjoys rolling down slopes as though it were a boulder during a rockfall, so keep an eye upward while traversing mountain roads. Score! Just outstanding.

> Hey, look what I caught - BELLSPROUT! It's got quite a SERIOUS nature. According to my POKéDEX, it's Lv. 89 and knows CONFIDE, BULLET-SEED, HEADBUTT, and FACADE

Nice, its ability is CHLOROPHYLL!

The description from the POKéDEX states:

\* Prefers hot and humid places. It ensnares tiny bugs with its vines and devours them. Mind-boggling find!

> Hey, look what I caught - SLAKOTH! It's got quite a LAX nature. According to my POKéDEX, it's Lv. 73 and knows SCRATCH, ENDURE, TICKLE, and SUBSTITUTE

Nice, its ability is TRUANT!

The description from the POKéDEX states:

\* Slakoth's heart beats just once a minute. Whatever happens, it is content to loaf around motionless. It is rare to see this Pokémon in motion. Unusual find!

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 314 POKéMON and of that number I have CAUGHT 287 POKéMON.

That is 88% of the way there in terms of POKéMON SEEN!

A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.

- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.

- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHOP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.
- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.
- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.
- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.
- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.
- \* Lv. 28 EXEGGCUTE - CHLOROPHYLL and HARDY nature.
- \* Lv. 24 VENOMOTH - SHIELD-DUST and QUIRKY nature.
- \* Lv. 81 SHUPPET - CURSED-BODY and SASSY nature.
- \* Lv. 53 FARFETCHD - KEEN-EYE and QUIET nature.
- \* Lv. 95 GOLDEEN - LIGHTNING-ROD and TIMID nature.
- \* Lv. 36 ZANGOOSE - IMMUNITY and SASSY nature.
- \* Lv. 72 LICKITUNG - OWN-TEMPO and TIMID nature.
- \* Lv. 82 LUVDISC - SWIFT-SWIM and HARDY nature.
- \* Lv. 21 GRUMPIG - GLUTTONY and CALM nature.
- \* Lv. 86 LATIAS - LEVITATE and MILD nature.
- \* Lv. 99 RAICHU - LIGHTNING-ROD and IMPISH nature.
- \* Lv. 86 HAUNTER - LEVITATE and CALM nature.
- \* Lv. 70 ODDISH - CHLOROPHYLL and JOLLY nature.
- \* Lv. 85 JOLTEON - VOLT-ABSORB and SERIOUS nature.
- \* Lv. 100 NINCADA - COMPOUND-EYES and MODEST nature.
- \* Lv. 50 PHANPY - PICKUP and QUIET nature.
- \* Lv. 46 GOLDOCK - SWIFT-SWIM and HASTY nature.
- \* Lv. 27 PINSIR - MOXIE and MILD nature.
- \* Lv. 92 TRAPINCH - ARENA-TRAP and GENTLE nature.
- \* Lv. 3 SPHEAL - ICE-BODY and RASH nature.
- \* Lv. 67 DRAGONAIR - MARVEL-SCALE and SASSY nature.



- \* Lv. 51 VOLTORB - SOUNDPROOF and HARDY nature.
- \* Lv. 54 GROWLITHE - FLASH-FIRE and JOLLY nature.
- \* Lv. 70 VILEPLUME - EFFECT-SPORE and DOCILE nature.
- \* Lv. 79 REGICE - CLEAR-BODY and IMPISH nature.
- \* Lv. 70 IVYSAUR - OVERGROW and TIMID nature.
- \* Lv. 51 DRAGONITE - INNER-FOCUS and HARDY nature.
- \* Lv. 16 MAWILE - SHEER-FORCE and BOLD nature.
- \* Lv. 82 MINUN - MINUS and HARDY nature.
- \* Lv. 66 MAGNETON - STURDY and HARDY nature.
- \* Lv. 1 KECLEON - PROTEAN and CAREFUL nature.
- \* Lv. 69 PERSIAN - UNNERVE and BASHFUL nature.
- \* Lv. 99 GROUDON - DROUGHT and NAIVE nature.
- \* Lv. 54 PIDGEOT - KEEN-EYE and QUIET nature.
- \* Lv. 90 GOLDDUCK - CLOUD-NINE and SASSY nature.
- \* Lv. 37 SEEDOT - CHLOROPHYLL and BASHFUL nature.
- \* Lv. 91 POOCHYENA - RATTLED and JOLLY nature.
- \* Lv. 14 SANDSLASH - SAND-RUSH and BOLD nature.
- \* Lv. 67 WURMPLE - RUN-AWAY and HARDY nature.
- \* Lv. 23 TAILLOW - GUTS and GENTLE nature.
- \* Lv. 68 DROWZEE - INSOMNIA and TIMID nature.
- \* Lv. 85 CAMERUPT - SOLID-ROCK and DOCILE nature.
- \* Lv. 38 BLASTOISE - RAIN-DISH and SERIOUS nature.
- \* Lv. 41 GEODUDE - STURDY and QUIRKY nature.
- \* Lv. 100 WAILORD - PRESSURE and BRAVE nature.
- \* Lv. 40 MAGIKARP - SWIFT-SWIM and GENTLE nature.
- \* Lv. 85 DODRIO - RUN-AWAY and BRAVE nature.
- \* Lv. 99 MANKEY - ANGER-POINT and HASTY nature.
- \* Lv. 46 MAGNETON - MAGNET-PULL and SERIOUS nature.
- \* Lv. 74 SEALEO - ICE-BODY and GENTLE nature.
- \* Lv. 44 GLOOM - STENCH and DOCILE nature.
- \* Lv. 13 MACHOKE - STEADFAST and SERIOUS nature.
- \* Lv. 67 MARSHTOMP - DAMP and BASHFUL nature.
- \* Lv. 15 SHARPEDO - ROUGH-SKIN and SERIOUS nature.
- \* Lv. 39 HYPNO - INNER-FOCUS and BASHFUL nature.
- \* Lv. 65 VOLTORB - STATIC and CAREFUL nature.
- \* Lv. 73 DIGLETT - ARENA-TRAP and NAUGHTY nature.
- \* Lv. 11 GOLEM - STURDY and ADAMANT nature.
- \* Lv. 25 WALREIN - THICK-FAT and BASHFUL nature.
- \* Lv. 47 WYNAUT - SHADOW-TAG and ADAMANT nature.
- \* Lv. 7 MAGCARGO - FLAME-BODY and GENTLE nature.
- \* Lv. 39 ARCANINE - INTIMIDATE and NAUGHTY nature.
- \* Lv. 40 DUSKULL - LEVITATE and LAX nature.
- \* Lv. 68 DELCATTY - CUTE-CHARM and BRAVE nature.
- \* Lv. 85 CLEFABLE - UNAWARE and BRAVE nature.
- \* Lv. 45 ANORITH - BATTLE-ARMOR and CALM nature.
- \* Lv. 71 SPEAROW - SNIPER and LAX nature.
- \* Lv. 6 LUDICOLOR - RAIN-DISH and ADAMANT nature.
- \* Lv. 21 SQUIRTLE - RAIN-DISH and CALM nature.
- \* Lv. 97 FEAROW - SNIPER and GENTLE nature.
- \* Lv. 23 ALAKAZAM - MAGIC-GUARD and TIMID nature.
- \* Lv. 42 VICTREEBEL - CHLOROPHYLL and IMPISH nature.
- \* Lv. 30 FLAREON - GUTS and HARDY nature.
- \* Lv. 42 GRIMER - STENCH and MILD nature.
- \* Lv. 77 KRABBY - SHELL-ARMOR and ADAMANT nature.
- \* Lv. 68 SOLROCK - LEVITATE and NAIVE nature.
- \* Lv. 13 SPINDA - OWN-TEMPO and MILD nature.
- \* Lv. 41 ZUBAT - INFILTRATOR and IMPISH nature.
- \* Lv. 29 LILEEP - STORM-DRAIN and MILD nature.
- \* Lv. 18 RHYHORN - LIGHTNING-ROD and CAREFUL nature.

- \* Lv. 39 HARIYAMA - THICK-FAT and HASTY nature.
- \* Lv. 93 ARMALDO - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 49 SWELLOW - GUTS and SERIOUS nature.
- \* Lv. 64 KINGLER - SHELL-ARMOR and BASHFUL nature.
- \* Lv. 89 MUK - STICKY-HOLD and QUIRKY nature.
- \* Lv. 12 LUNATONE - LEVITATE and ADAMANT nature.
- \* Lv. 21 ARTICUNO - PRESSURE and BOLD nature.
- \* Lv. 77 MEW - SYNCHRONIZE and RASH nature.
- \* Lv. 66 GENGAR - CURSED-BODY and BRAVE nature.
- \* Lv. 38 EEEVEE - ADAPTABILITY and TIMID nature.
- \* Lv. 21 WINGULL - KEEN-EYE and DOCILE nature.
- \* Lv. 62 DODRIO - RUN-AWAY and DOCILE nature.
- \* Lv. 69 SALAMENCE - INTIMIDATE and NAIVE nature.
- \* Lv. 35 PELIPPER - RAIN-DISH and RASH nature.
- \* Lv. 28 MILOTIC - MARVEL-SCALE and IMPISH nature.
- \* Lv. 2 HITMONLEE - LIMBER and CAREFUL nature.
- \* Lv. 85 ELECTRIKE - LIGHTNING-ROD and HARDY nature.
- \* Lv. 99 RAYQUAZA - AIR-LOCK and GENTLE nature.
- \* Lv. 32 ONIX - ROCK-HEAD and HARDY nature.
- \* Lv. 13 VULPIX - DROUGHT and JOLLY nature.
- \* Lv. 59 VIBRAVA - LEVITATE and QUIET nature.
- \* Lv. 10 FLYGON - LEVITATE and MODEST nature.
- \* Lv. 71 HUNTAIL - SWIFT-SWIM and HARDY nature.
- \* Lv. 47 IGGLYBUFF - CUTE-CHARM and ADAMANT nature.
- \* Lv. 10 NATU - SYNCHRONIZE and QUIRKY nature.
- \* Lv. 11 CORSOLA - HUSTLE and SASSY nature.
- \* Lv. 90 CHIMECHO - LEVITATE and BOLD nature.
- \* Lv. 91 KABUTOPS - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 29 SANDSLASH - SAND-RUSH and RASH nature.
- \* Lv. 30 GLALIE - INNER-FOCUS and RELAXED nature.
- \* Lv. 98 CORPHISH - ADAPTABILITY and GENTLE nature.
- \* Lv. 45 TENTACRUEL - CLEAR-BODY and SERIOUS nature.
- \* Lv. 46 CLEFAIRY - MAGIC-GUARD and IMPISH nature.
- \* Lv. 44 CROBAT - INNER-FOCUS and BRAVE nature.
- \* Lv. 73 WOBBUFFET - TELEPATHY and RELAXED nature.
- \* Lv. 1 BANETTE - FRISK and BRAVE nature.
- \* Lv. 54 MANECTRIC - STATIC and IMPISH nature.
- \* Lv. 22 DEWGONG - HYDRATION and QUIRKY nature.
- \* Lv. 92 TENTACOOOL - CLEAR-BODY and MILD nature.
- \* Lv. 45 PRIMEAPE - VITAL-SPIRIT and NAIVE nature.
- \* Lv. 87 MEDITITE - PURE-POWER and MODEST nature.
- \* Lv. 41 PSYDUCK - CLOUD-NINE and MODEST nature.
- \* Lv. 80 NINJASK - INFILTRATOR and SASSY nature.
- \* Lv. 48 MACHOP - NO-GUARD and DOCILE nature.
- \* Lv. 35 KADABRA - SYNCHRONIZE and CAREFUL nature.
- \* Lv. 25 DUSTOX - COMPOUND-EYES and BRAVE nature.
- \* Lv. 68 PIKACHU - STATIC and HASTY nature.
- \* Lv. 70 AERODACTYL - UNNERVE and TIMID nature.
- \* Lv. 98 CACNEA - SAND-VEIL and SERIOUS nature.
- \* Lv. 77 NOSEPASS - MAGNET-PULL and LAX nature.
- \* Lv. 63 CACTURNE - WATER-ABSORB and RELAXED nature.
- \* Lv. 21 DEOXYS - UNKNOWN and LAX nature.
- \* Lv. 33 ARBOK - UNNERVE and LONELY nature.
- \* Lv. 75 JIRACHI - SERENE-GRACE and SERIOUS nature.
- \* Lv. 97 SEEL - ICE-BODY and NAIVE nature.
- \* Lv. 48 HERACROSS - GUTS and HASTY nature.
- \* Lv. 45 SEADRA - POISON-POINT and HARDY nature.
- \* Lv. 28 KIRLIA - TRACE and NAIVE nature.
- \* Lv. 64 CARVANHA - SPEED-BOOST and NAIVE nature.

- \* Lv. 44 VIGOROTH - VITAL-SPIRIT and LONELY nature.
- \* Lv. 72 SHEDINJA - WONDER-GUARD and QUIRKY nature.
- \* Lv. 92 CHARIZARD - BLAZE and RELAXED nature.
- \* Lv. 98 MAGMAR - FLAME-BODY and HASTY nature.
- \* Lv. 42 CHANSEY - NATURAL-CURE and NAIVE nature.
- \* Lv. 89 WEEPINBELL - GLUTTONY and DOCILE nature.
- \* Lv. 95 CRAWDAUNT - ADAPTABILITY and QUIET nature.
- \* Lv. 61 SPOINK - THICK-FAT and RASH nature.
- \* Lv. 8 DONPHAN - STURDY and CALM nature.
- \* Lv. 65 SEAKING - SWIFT-SWIM and SERIOUS nature.
- \* Lv. 15 AGGRON - STURDY and ADAMANT nature.
- \* Lv. 54 RALTS - SYNCHRONIZE and QUIET nature.
- \* Lv. 63 LANTURN - ILLUMINATE and MILD nature.
- \* Lv. 74 GYARADOS - MOXIE and SERIOUS nature.
- \* Lv. 5 SLOWPOKE - OWN-TEMPO and MODEST nature.
- \* Lv. 66 ODDISH - RUN-AWAY and ADAMANT nature.
- \* Lv. 66 SWALOT - GLUTTONY and MODEST nature.
- \* Lv. 8 STARYU - ILLUMINATE and CAREFUL nature.
- \* Lv. 93 RHYDON - RECKLESS and RASH nature.
- \* Lv. 64 ABRA - MAGIC-GUARD and SERIOUS nature.
- \* Lv. 91 SLUGMA - MAGMA-ARMOR and RASH nature.
- \* Lv. 87 NINETALES - DROUGHT and RASH nature.
- \* Lv. 31 GOLBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 64 PSYDUCK - CLOUD-NINE and HARDY nature.
- \* Lv. 82 SANDSHREW - SAND-VEIL and ADAMANT nature.
- \* Lv. 28 SLOWBRO - REGENERATOR and GENTLE nature.
- \* Lv. 92 MAGNEMITE - MAGNET-PULL and MILD nature.
- \* Lv. 51 PIKACHU - LIGHTNING-ROD and SERIOUS nature.
- \* Lv. 38 TREECKO - UNBURDEN and BOLD nature.
- \* Lv. 35 PINSIR - MOLD-BREAKER and GENTLE nature.
- \* Lv. 89 CLAMPERL - RATTLED and QUIET nature.
- \* Lv. 65 PIDGEY - TANGLED-FEET and ADAMANT nature.
- \* Lv. 96 POLIWRATH - DAMP and HASTY nature.
- \* Lv. 2 TORCHIC - SPEED-BOOST and HARDY nature.
- \* Lv. 6 LINOONE - PICKUP and BASHFUL nature.
- \* Lv. 84 DODUO - TANGLED-FEET and CAREFUL nature.
- \* Lv. 2 ELECTRODE - SOUNDPROOF and CALM nature.
- \* Lv. 15 MACHAMP - STEADFAST and JOLLY nature.
- \* Lv. 78 GYARADOS - MOXIE and LONELY nature.
- \* Lv. 24 GRAVELER - ROCK-HEAD and NAUGHTY nature.
- \* Lv. 89 BELLSPROUT - CHLOROPHYLL and SERIOUS nature.
- \* Lv. 73 SLAKOTH - TRUANT and LAX nature.

> Whoa, you won't believe it; I stumbled across CRADILY! And it's got the ability SUCTION-CUPS!

Apparently it is Lv. 28 and has a BOLD nature. Seems to know GASTRO-ACID, GRASSY-TERRAIN, SLEEP-TALK, and MUD-SHOT!

Oh, and here's what the POKéDEX says:

\* Once Cradily catches prey in its tentacles, it digests them whole and absorbs their nutrients.

Score! Just incredible.

> Aw, I found a BRELOOM but it managed to slip away. It looked strong, too...

> I decided to go back to the nearest POKéCENTRE and heal up the team. Time to refresh!

> Hey, look what I caught - LATIOS! It's got quite a SASSY nature.

According to my POKéDEX, it's Lv. 100 and knows GIGA-IMPACT, DEFOG, ROUND, and

## SAFEGUARD

Nice, its ability is LEVITATE!

The description from the POKéDEX states:

\* Latios will only open its heart to a Trainer with a compassionate spirit. This Pokémon can fly faster than a jet plane by folding its forelegs to minimize air resistance. Terrific find!

> I ended up looking inside a damp, dark cave for new POKéMON. Should've brought an escape rope!

> Hey, look what I caught - SHELLDER! It's got quite a MODEST nature.

According to my POKéDEX, it's Lv. 47 and knows BRINE, TRI-ATTACK, SURF, and ICE-BEAM

Nice, its ability is OVERCOAT!

The description from the POKéDEX states:

\* Its hard shell repels any kind of attack. It is vulnerable only when its shell is open. Astounding find!

> Whoa, you won't believe it; I stumbled across CLOYSTER! And it's got the ability SHELL-ARMOR!

Apparently it is Lv. 68 and has a MILD nature. Seems to know SNORE, HYDRO-PUMP, SHELL-SMASH, and MIMIC!

Oh, and here's what the POKéDEX says:

\* Once it slams its shell shut, it is impossible to open, even by those with superior strength. Score! Just spectacular.

> I found HORSEA! It appears to be Lv. 68 with the moves OUTRAGE, BOUNCE, DRAGON-BREATH, and HEADBUTT

It has a MODEST nature, with the ability DAMP.

Here's what the POKéDEX has to say about it:

\* They swim with dance-like motions and cause whirlpools to form. Horsea compete to see which of them can generate the biggest whirlpool. So confounding!

> I took a stroll down a nice route full of people and POKéMON - I love the fresh, crisp air!

> Whoa, you won't believe it; I stumbled across KOFFING! And it's got the ability STENCH!

Apparently it is Lv. 45 and has a ADAMANT nature. Seems to know FIRE-BLAST, INFESTATION, THUNDER, and CAPTIVATE!

Oh, and here's what the POKéDEX says:

\* It adores polluted air. Some claim that Koffing used to be more plentiful in the Galar region than they are now. Score! Just eye-popping.

> I found KAKUNA! It appears to be Lv. 71 with the moves HARDEN, STRING-SHOT, ELECTROWEB, and IRON-DEFENSE

It has a NAUGHTY nature, with the ability SHED-SKIN.

Here's what the POKéDEX has to say about it:

\* Able to move only slightly. When endangered, it may stick out its stinger and poison its enemy. So impressive!

> Whoa, you won't believe it; I stumbled across BELDUM! And it's got the ability CLEAR-BODY!

Apparently it is Lv. 32 and has a MILD nature. Seems to know IRON-DEFENSE, HEADBUTT, ZEN-HEADBUTT, and ZEN-HEADBUTT!

Oh, and here's what the POKéDEX says:

\* The cells in this Pokémon's body are composed of magnetic material. Instead of blood, magnetic forces flow through Beldum's body.

Score! Just awe-striking.

> Hey, look what I caught - SEVIPER! It's got quite a MODEST nature.

According to my POKéDEX, it's Lv. 2 and knows ATTRACT, CONFIDE, SNATCH, and ROUND Nice, its ability is INFILTRATOR!

The description from the POKéDEX states:

\* Seviper's swordlike tail serves two purposes—it slashes foes and douses them with secreted poison. This Pokémon will not give up its long-running blood feud with Zangoose.

Prodigious find!

> Hey, look what I caught - GOLBAT! It's got quite a NAUGHTY nature.

According to my POKéDEX, it's Lv. 65 and knows SNATCH, TWISTER, PAYBACK, and SLUDGE-BOMB

Nice, its ability is INFILTRATOR!

The description from the POKéDEX states:

\* It sinks its sharp fangs into other creatures and slurps up their blood. A closer look at the fangs reveals that they are hollow and akin to straws.

Stupendous find!

> I found RAPIDASH! It appears to be Lv. 68 with the moves ROUND, TOXIC, HEAT-WAVE, and QUICK-ATTACK

It has a HARDY nature, with the ability RUN-AWAY.

Here's what the POKéDEX has to say about it:

\* Fiery mane aglow, Rapidash darts like an arrow across the land. This prodigiously swift creature can traverse the vast region of Hisui in a day and a half.

So extraordinary!

> I found ILLUMISE! It appears to be Lv. 49 with the moves SWAGGER, FOCUS-PUNCH, ACROBATICS, and SOLAR-BEAM

It has a SERIOUS nature, with the ability OBLIVIOUS.

Here's what the POKéDEX has to say about it:

\* Illumise leads a flight of illuminated Volbeat to draw signs in the night sky. This Pokémon is said to earn greater respect from its peers by composing more complex designs in the sky.

So formidable!

> I found WEEZING! It appears to be Lv. 3 with the moves TAUNT, GIGA-IMPACT, SELF-DESTRUCT, and HYPER-BEAM

It has a CAREFUL nature, with the ability NEUTRALIZING-GAS.

Here's what the POKéDEX has to say about it:

\* It can't suck in air quite as well as a Galarian Weezing, but the toxins it creates are more potent than those of its counterpart.

So majestic!

> Whoa, you won't believe it; I stumbled across MASQUERAIN! And it's got the ability INTIMIDATE!

Apparently it is Lv. 53 and has a IMPISH nature. Seems to know SWIFT, ENDURE,

ROOST, and SWEET-SCENT!

Oh, and here's what the POKéDEX says:

\* Its thin, winglike antennae are highly absorbent.

It waits out rainy days in tree hollows.

Score! Just eye-popping.

> I found PORYGON! It appears to be Lv. 43 with the moves SPEED-SWAP, SWAGGER, MAGIC-COAT, and BIDE

It has a QUIET nature, with the ability DOWNLOAD.

Here's what the POKéDEX has to say about it:

\* It has no discernible heartbeat and does not seem to draw breath, and yet it appears to function without issue. I cannot even begin to explain this utterly bizarre anomaly.

So tremendous!

> Hey, look what I caught - RHYHORN! It's got quite a NAUGHTY nature.

According to my POKéDEX, it's Lv. 11 and knows THUNDER, CONFIDE, ROCK-SLIDE, and REST

Nice, its ability is ROCK-HEAD!

The description from the POKéDEX states:

\* Ludicrously strong—when it butts heads with a mountain, it is the mountain that shatters. But its short legs struggle with turns, and it is incapable of stopping unless it collides with something.

Bewildering find!

> Hey, look what I caught - BLAZIKEN! It's got quite a RELAXED nature.

According to my POKéDEX, it's Lv. 7 and knows SWAGGER, FACADE, FLARE-BLITZ, and U-TURN

Nice, its ability is SPEED-BOOST!

The description from the POKéDEX states:

\* Blaziken has incredibly strong legs—it can easily clear a 30-story building in one leap. This Pokémon's blazing punches leave its foes scorched and blackened.

Extraordinary find!

> Hey, look what I caught - MEWTWO! It's got quite a BASHFUL nature.

According to my POKéDEX, it's Lv. 12 and knows DYNAMIC-PUNCH, POWER-SWAP, THUNDER, and PROTECT

Nice, its ability is UNNERVE!

The description from the POKéDEX states:

\* Its DNA is almost the same as Mew's. However, its size and disposition are vastly different.

Exhilarating find!

> I took a stroll down a nice route full of people and POKéMON - I love the fresh, crisp air!

> Hey, look what I caught - EXPOUND! It's got quite a HASTY nature.

According to my POKéDEX, it's Lv. 35 and knows FAKE-TEARS, SLEEP-TALK, EARTHQUAKE, and ATTRACT

Nice, its ability is SOUNDPROOF!

The description from the POKéDEX states:

\* This Pokémon can do more than just shout. To communicate with others of its kind, it'll emit all sorts of sounds from the holes in its body.

Prodigious find!

> Time to check in with my POKéDEX progress. How many POKéMON have I caught versus how many I've seen?

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 334 POKéMON and of that number I have CAUGHT 306 POKéMON.  
That is 94% of the way there in terms of POKéMON SEEN!  
A quick look inside my PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDRED - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.
- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.

- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOL - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELTON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHOP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.
- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.
- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.
- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.
- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.
- \* Lv. 28 EXEGGCUTE - CHLOROPHYLL and HARDY nature.
- \* Lv. 24 VENOMOTH - SHIELD-DUST and QUIRKY nature.
- \* Lv. 81 SHUPPET - CURSED-BODY and SASSY nature.
- \* Lv. 53 FARFETCHD - KEEN-EYE and QUIET nature.
- \* Lv. 95 GOLDEEN - LIGHTNING-ROD and TIMID nature.
- \* Lv. 36 ZANGOOSE - IMMUNITY and SASSY nature.



- \* Lv. 72 LICKITUNG - OWN-TEMPO and TIMID nature.
- \* Lv. 82 LUVDISC - SWIFT-SWIM and HARDY nature.
- \* Lv. 21 GRUMPIG - GLUTTONY and CALM nature.
- \* Lv. 86 LATIAS - LEVITATE and MILD nature.
- \* Lv. 99 RAICHU - LIGHTNING-ROD and IMPISH nature.
- \* Lv. 86 HAUNTER - LEVITATE and CALM nature.
- \* Lv. 70 ODDISH - CHLOROPHYLL and JOLLY nature.
- \* Lv. 85 JOLTEON - VOLT-ABSORB and SERIOUS nature.
- \* Lv. 100 NINCADA - COMPOUND-EYES and MODEST nature.
- \* Lv. 50 PHANPY - PICKUP and QUIET nature.
- \* Lv. 46 GOLDDUCK - SWIFT-SWIM and HASTY nature.
- \* Lv. 27 PINSIR - MOXIE and MILD nature.
- \* Lv. 92 TRAPINCH - ARENA-TRAP and GENTLE nature.
- \* Lv. 3 SPHEAL - ICE-BODY and RASH nature.
- \* Lv. 67 DRAGONAIR - MARVEL-SCALE and SASSY nature.
- \* Lv. 51 VOLTORB - SOUNDPROOF and HARDY nature.
- \* Lv. 54 GROWLITHE - FLASH-FIRE and JOLLY nature.
- \* Lv. 70 VILEPLUME - EFFECT-SPORE and DOCILE nature.
- \* Lv. 79 REGICE - CLEAR-BODY and IMPISH nature.
- \* Lv. 70 IVYSAUR - OVERGROW and TIMID nature.
- \* Lv. 51 DRAGONITE - INNER-FOCUS and HARDY nature.
- \* Lv. 16 MAWILE - SHEER-FORCE and BOLD nature.
- \* Lv. 82 MINUN - MINUS and HARDY nature.
- \* Lv. 66 MAGNETON - STURDY and HARDY nature.
- \* Lv. 1 KECLEON - PROTEAN and CAREFUL nature.
- \* Lv. 69 PERSIAN - UNNERVE and BASHFUL nature.
- \* Lv. 99 GROUDON - DROUGHT and NAIVE nature.
- \* Lv. 54 PIDGEOT - KEEN-EYE and QUIET nature.
- \* Lv. 90 GOLDDUCK - CLOUD-NINE and SASSY nature.
- \* Lv. 37 SEEDOT - CHLOROPHYLL and BASHFUL nature.
- \* Lv. 91 POOCHYENA - RATTLED and JOLLY nature.
- \* Lv. 14 SANDSLASH - SAND-RUSH and BOLD nature.
- \* Lv. 67 WURMPLE - RUN-AWAY and HARDY nature.
- \* Lv. 23 TAILLOW - GUTS and GENTLE nature.
- \* Lv. 68 DROWZEE - INSOMNIA and TIMID nature.
- \* Lv. 85 CAMERUPT - SOLID-ROCK and DOCILE nature.
- \* Lv. 38 BLASTOISE - RAIN-DISH and SERIOUS nature.
- \* Lv. 41 GEODUDE - STURDY and QUIRKY nature.
- \* Lv. 100 WAILORD - PRESSURE and BRAVE nature.
- \* Lv. 40 MAGIKARP - SWIFT-SWIM and GENTLE nature.
- \* Lv. 85 DODRIO - RUN-AWAY and BRAVE nature.
- \* Lv. 99 MANKEY - ANGER-POINT and HASTY nature.
- \* Lv. 46 MAGNETON - MAGNET-PULL and SERIOUS nature.
- \* Lv. 74 SEALEO - ICE-BODY and GENTLE nature.
- \* Lv. 44 GLOOM - STENCH and DOCILE nature.
- \* Lv. 13 MACHOKE - STEADFAST and SERIOUS nature.
- \* Lv. 67 MARSHTOMP - DAMP and BASHFUL nature.
- \* Lv. 15 SHARPEDO - ROUGH-SKIN and SERIOUS nature.
- \* Lv. 39 HYPNO - INNER-FOCUS and BASHFUL nature.
- \* Lv. 65 VOLTORB - STATIC and CAREFUL nature.
- \* Lv. 73 DIGLETT - ARENA-TRAP and NAUGHTY nature.
- \* Lv. 11 GOLEM - STURDY and ADAMANT nature.
- \* Lv. 25 WALREIN - THICK-FAT and BASHFUL nature.
- \* Lv. 47 WYNAUT - SHADOW-TAG and ADAMANT nature.
- \* Lv. 7 MAGCARGO - FLAME-BODY and GENTLE nature.
- \* Lv. 39 ARCANINE - INTIMIDATE and NAUGHTY nature.
- \* Lv. 40 DUSKULL - LEVITATE and LAX nature.
- \* Lv. 68 DELCATTY - CUTE-CHARM and BRAVE nature.
- \* Lv. 85 CLEFABLE - UNAWARE and BRAVE nature.

- \* Lv. 45 ANORITH - BATTLE-ARMOR and CALM nature.
- \* Lv. 71 SPEAROW - SNIPER and LAX nature.
- \* Lv. 6 LUDICOLO - RAIN-DISH and ADAMANT nature.
- \* Lv. 21 SQUIRTLE - RAIN-DISH and CALM nature.
- \* Lv. 97 FEAROW - SNIPER and GENTLE nature.
- \* Lv. 23 ALAKAZAM - MAGIC-GUARD and TIMID nature.
- \* Lv. 42 VICTREEBEL - CHLOROPHYLL and IMPISH nature.
- \* Lv. 30 FLAREON - GUTS and HARDY nature.
- \* Lv. 42 GRIMER - STENCH and MILD nature.
- \* Lv. 77 KRABBY - SHELL-ARMOR and ADAMANT nature.
- \* Lv. 68 SOLROCK - LEVITATE and NAIVE nature.
- \* Lv. 13 SPINDA - OWN-TEMPO and MILD nature.
- \* Lv. 41 ZUBAT - INFILTRATOR and IMPISH nature.
- \* Lv. 29 LILEEP - STORM-DRAIN and MILD nature.
- \* Lv. 18 RHYHORN - LIGHTNING-ROD and CAREFUL nature.
- \* Lv. 39 HARIYAMA - THICK-FAT and HASTY nature.
- \* Lv. 93 ARMALDO - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 49 SWELLOW - GUTS and SERIOUS nature.
- \* Lv. 64 KINGLER - SHELL-ARMOR and BASHFUL nature.
- \* Lv. 89 MUK - STICKY-HOLD and QUIRKY nature.
- \* Lv. 12 LUNATONE - LEVITATE and ADAMANT nature.
- \* Lv. 21 ARTICUNO - PRESSURE and BOLD nature.
- \* Lv. 77 MEW - SYNCHRONIZE and RASH nature.
- \* Lv. 66 GENGAR - CURSED-BODY and BRAVE nature.
- \* Lv. 38 Eevee - ADAPTABILITY and TIMID nature.
- \* Lv. 21 WINGULL - KEEN-EYE and DOCILE nature.
- \* Lv. 62 DODRIO - RUN-AWAY and DOCILE nature.
- \* Lv. 69 SALAMENCE - INTIMIDATE and NAIVE nature.
- \* Lv. 35 PELIPPER - RAIN-DISH and RASH nature.
- \* Lv. 28 MILOTIC - MARVEL-SCALE and IMPISH nature.
- \* Lv. 2 HITMONLEE - LIMBER and CAREFUL nature.
- \* Lv. 85 ELECTRIKE - LIGHTNING-ROD and HARDY nature.
- \* Lv. 99 RAYQUAZA - AIR-LOCK and GENTLE nature.
- \* Lv. 32 ONIX - ROCK-HEAD and HARDY nature.
- \* Lv. 13 VULPIX - DROUGHT and JOLLY nature.
- \* Lv. 59 VIBRAVA - LEVITATE and QUIET nature.
- \* Lv. 10 FLYGON - LEVITATE and MODEST nature.
- \* Lv. 71 HUNTAIL - SWIFT-SWIM and HARDY nature.
- \* Lv. 47 IGGLYBUFF - CUTE-CHARM and ADAMANT nature.
- \* Lv. 10 NATU - SYNCHRONIZE and QUIRKY nature.
- \* Lv. 11 CORSOLA - HUSTLE and SASSY nature.
- \* Lv. 90 CHIMECHO - LEVITATE and BOLD nature.
- \* Lv. 91 KABUTOPS - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 29 SANDSLASH - SAND-RUSH and RASH nature.
- \* Lv. 30 GLALIE - INNER-FOCUS and RELAXED nature.
- \* Lv. 98 CORPHISH - ADAPTABILITY and GENTLE nature.
- \* Lv. 45 TENTACRUEL - CLEAR-BODY and SERIOUS nature.
- \* Lv. 46 CLEFAIRY - MAGIC-GUARD and IMPISH nature.
- \* Lv. 44 CROBAT - INNER-FOCUS and BRAVE nature.
- \* Lv. 73 WOBBUFFET - TELEPATHY and RELAXED nature.
- \* Lv. 1 BANETTE - FRISK and BRAVE nature.
- \* Lv. 54 MANECTRIC - STATIC and IMPISH nature.
- \* Lv. 22 DEWGONG - HYDRATION and QUIRKY nature.
- \* Lv. 92 TENTACOOL - CLEAR-BODY and MILD nature.
- \* Lv. 45 PRIMEAPE - VITAL-SPIRIT and NAIVE nature.
- \* Lv. 87 MEDITITE - PURE-POWER and MODEST nature.
- \* Lv. 41 PSYDUCK - CLOUD-NINE and MODEST nature.
- \* Lv. 80 NINJASK - INFILTRATOR and SASSY nature.
- \* Lv. 48 MACHOP - NO-GUARD and DOCILE nature.

- \* Lv. 35 KADABRA - SYNCHRONIZE and CAREFUL nature.
- \* Lv. 25 DUSTOX - COMPOUND-EYES and BRAVE nature.
- \* Lv. 68 PIKACHU - STATIC and HASTY nature.
- \* Lv. 70 AERODACTYL - UNNERVE and TIMID nature.
- \* Lv. 98 CACNEA - SAND-VEIL and SERIOUS nature.
- \* Lv. 77 NOSEPASS - MAGNET-PULL and LAX nature.
- \* Lv. 63 CACTURNE - WATER-ABSORB and RELAXED nature.
- \* Lv. 21 DEOXYS - UNKNOWN and LAX nature.
- \* Lv. 33 ARBOK - UNNERVE and LONELY nature.
- \* Lv. 75 JIRACHI - SERENE-GRACE and SERIOUS nature.
- \* Lv. 97 SEEL - ICE-BODY and NAIVE nature.
- \* Lv. 48 HERACROSS - GUTS and HASTY nature.
- \* Lv. 45 SEADRA - POISON-POINT and HARDY nature.
- \* Lv. 28 KIRLIA - TRACE and NAIVE nature.
- \* Lv. 64 CARVANHA - SPEED-BOOST and NAIVE nature.
- \* Lv. 44 VIGOROTH - VITAL-SPIRIT and LONELY nature.
- \* Lv. 72 SHEDINJA - WONDER-GUARD and QUIRKY nature.
- \* Lv. 92 CHARIZARD - BLAZE and RELAXED nature.
- \* Lv. 98 MAGMAR - FLAME-BODY and HASTY nature.
- \* Lv. 42 CHANSEY - NATURAL-CURE and NAIVE nature.
- \* Lv. 89 WEEPINBELL - GLUTTONY and DOCILE nature.
- \* Lv. 95 CRAWDAUNT - ADAPTABILITY and QUIET nature.
- \* Lv. 61 SPOINK - THICK-FAT and RASH nature.
- \* Lv. 8 DONPHAN - STURDY and CALM nature.
- \* Lv. 65 SEAKING - SWIFT-SWIM and SERIOUS nature.
- \* Lv. 15 AGGRON - STURDY and ADAMANT nature.
- \* Lv. 54 RALTS - SYNCHRONIZE and QUIET nature.
- \* Lv. 63 LANTURN - ILLUMINATE and MILD nature.
- \* Lv. 74 GYARADOS - MOXIE and SERIOUS nature.
- \* Lv. 5 SLOWPOKE - OWN-TEMPO and MODEST nature.
- \* Lv. 66 ODDISH - RUN-AWAY and ADAMANT nature.
- \* Lv. 66 SWALOT - GLUTTONY and MODEST nature.
- \* Lv. 8 STARYU - ILLUMINATE and CAREFUL nature.
- \* Lv. 93 RHYDON - RECKLESS and RASH nature.
- \* Lv. 64 ABRA - MAGIC-GUARD and SERIOUS nature.
- \* Lv. 91 SLUGMA - MAGMA-ARMOR and RASH nature.
- \* Lv. 87 NINETALES - DROUGHT and RASH nature.
- \* Lv. 31 GOLBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 64 PSYDUCK - CLOUD-NINE and HARDY nature.
- \* Lv. 82 SANDSHREW - SAND-VEIL and ADAMANT nature.
- \* Lv. 28 SLOWBRO - REGENERATOR and GENTLE nature.
- \* Lv. 92 MAGNEMITE - MAGNET-PULL and MILD nature.
- \* Lv. 51 PIKACHU - LIGHTNING-ROD and SERIOUS nature.
- \* Lv. 38 TREECKO - UNBURDEN and BOLD nature.
- \* Lv. 35 PINSIR - MOLD-BREAKER and GENTLE nature.
- \* Lv. 89 CLAMPERL - RATTLED and QUIET nature.
- \* Lv. 65 PIDGEY - TANGLED-FEET and ADAMANT nature.
- \* Lv. 96 POLIWRATH - DAMP and HASTY nature.
- \* Lv. 2 TORCHIC - SPEED-BOOST and HARDY nature.
- \* Lv. 6 LINOONE - PICKUP and BASHFUL nature.
- \* Lv. 84 DODUO - TANGLED-FEET and CAREFUL nature.
- \* Lv. 2 ELECTRODE - SOUNDPROOF and CALM nature.
- \* Lv. 15 MACHAMP - STEADFAST and JOLLY nature.
- \* Lv. 78 GYARADOS - MOXIE and LONELY nature.
- \* Lv. 24 GRAVELER - ROCK-HEAD and NAUGHTY nature.
- \* Lv. 89 BELLSPOUT - CHLOROPHYLL and SERIOUS nature.
- \* Lv. 73 SLAKOTH - TRUANT and LAX nature.
- \* Lv. 28 CRADILY - SUCTION-CUPS and BOLD nature.
- \* Lv. 100 LATIOS - LEVITATE and SASSY nature.

- \* Lv. 47 SHELLDER - OVERCOAT and MODEST nature.
- \* Lv. 68 CLOYSTER - SHELL-ARMOR and MILD nature.
- \* Lv. 68 HORSEA - DAMP and MODEST nature.
- \* Lv. 45 KOFFING - STENCH and ADAMANT nature.
- \* Lv. 71 KAKUNA - SHED-SKIN and NAUGHTY nature.
- \* Lv. 32 BELDUM - CLEAR-BODY and MILD nature.
- \* Lv. 2 SEVIPER - INFILTRATOR and MODEST nature.
- \* Lv. 65 GOLBAT - INFILTRATOR and NAUGHTY nature.
- \* Lv. 68 RAPIDASH - RUN-AWAY and HARDY nature.
- \* Lv. 49 ILLUMISE - OBLIVIOUS and SERIOUS nature.
- \* Lv. 3 WEEZING - NEUTRALIZING-GAS and CAREFUL nature.
- \* Lv. 53 MASQUERAIN - INTIMIDATE and IMPISH nature.
- \* Lv. 43 PORYGON - DOWNLOAD and QUIET nature.
- \* Lv. 11 RHYHORN - ROCK-HEAD and NAUGHTY nature.
- \* Lv. 7 BLAZIKEN - SPEED-BOOST and RELAXED nature.
- \* Lv. 12 MEWTWO - UNNERVE and BASHFUL nature.
- \* Lv. 35 EXPOUND - SOUNDPROOF and HASTY nature.

> I found DODUO! It appears to be Lv. 28 with the moves QUICK-ATTACK, SUBSTITUTE, DOUBLE-EDGE, and SUBSTITUTE

It has a SASSY nature, with the ability EARLY-BIRD.

Here's what the POKÉDEX has to say about it:

\* Its short wings make flying difficult. Instead, this Pokémon runs at high speed on developed legs.  
So exciting!

> I went to the POKÉMART to stock back up on potions and POKÉBALLS. Always be prepared!

> Hey, look what I caught - VULPIX! It's got quite a QUIRKY nature.

According to my POKÉDEX, it's Lv. 73 and knows FLAMETHROWER, GRUDGE, PROTECT, and RAGE

Nice, its ability is DROUGHT!

The description from the POKÉDEX states:

\* In its belly burns a fire, which Vulpix spits out in the form of fireballs. When young, this Pokémon has but one white tail.

As the Pokémon matures, this single tail splits into six.

Stirring find!

> I found GEODUDE! It appears to be Lv. 42 with the moves TOXIC, CURSE, AUTOTOMIZE, and MUD-SPORT

It has a NAUGHTY nature, with the ability SAND-VEIL.

Here's what the POKÉDEX has to say about it:

\* Makes its home in mountainous regions, using its arms to climb along harsh mountain roads. Can be troublesome—carelessly

kicking one will cause it to fly into a rage and chase after you.

So wonderful!

> I found BEAUTIFLY! It appears to be Lv. 20 with the moves QUIVER-DANCE, ATTRACT, MIMIC, and BUG-BUZZ

It has a RELAXED nature, with the ability RIVALRY.

Here's what the POKÉDEX has to say about it:

\* A colorful and incredibly beautiful but also greedy Pokémon.

In an effort to keep its favorite food all to itself, it will chase away Combee as they try to gather nectar.

So exciting!

> Whoa, you won't believe it; I stumbled across EKANS! And it's got the ability UNNERVE!

Apparently it is Lv. 26 and has a HARDY nature. Seems to know COIL, CONFIDE, MUD-BOMB, and BEAT-UP!

Oh, and here's what the POKéDEX says:

\* The older it gets, the longer it grows. At night, it wraps its long body around tree branches to rest.

Score! Just phenomenal.

> Whoa, you won't believe it; I stumbled across SWAMPERT! And it's got the ability TORRENT!

Apparently it is Lv. 79 and has a MILD nature. Seems to know SUPERPOWER, MUD-SHOT, AVALANCHE, and RETURN!

Oh, and here's what the POKéDEX says:

\* Swampert predicts storms by sensing subtle differences in the sounds of waves and tidal winds with its fins. If a storm is approaching, it piles up boulders to protect itself.

Score! Just breathtaking.

> I found SCEPTILE! It appears to be Lv. 41 with the moves LEAF-STORM, NIGHT-SLASH, ENDURE, and CRUNCH

It has a BOLD nature, with the ability UNBURDEN.

Here's what the POKéDEX has to say about it:

\* Sceptile has seeds growing on its back. They are said to be bursting with nutrients that revitalize trees. This Pokémon raises the trees in a forest with loving care.

So outstanding!

> Whoa, you won't believe it; I stumbled across KOFFING! And it's got the ability NEUTRALIZING-GAS!

Apparently it is Lv. 49 and has a NAUGHTY nature. Seems to know ATTRACT, CURSE, SECRET-POWER, and THUNDERBOLT!

Oh, and here's what the POKéDEX says:

\* It adores polluted air. Some claim that Koffing used to be more plentiful in the Galar region than they are now.

Score! Just majestic.

> I decided to go back to the nearest POKéCENTRE and heal up the team. Time to refresh!

> Shoot! I nearly caught a KINGDRA, but it got away. Better luck next time...

> Hey, look what I caught - DUSCLOPS! It's got quite a LAX nature.

According to my POKéDEX, it's Lv. 77 and knows BRICK-BREAK, SHADOW-PUNCH, SHADOW-SNEAK, and ROUND

Nice, its ability is PRESSURE!

The description from the POKéDEX states:

\* There are rumors that peeking inside its bandage-wrapped body will cause one to get pulled in through the gaps between the bandages, never to return. I've been too scared to verify.

Unreal find!

> I found GULPIN! It appears to be Lv. 26 with the moves SNATCH, FIRE-PUNCH, WRING-OUT, and GASTRO-ACID

It has a JOLLY nature, with the ability STICKY-HOLD.

Here's what the POKéDEX has to say about it:

\* Most of Gulpin's body is made up of its stomach—its heart and brain are very small in comparison. This Pokémon's stomach contains special enzymes that dissolve anything.

So exceptional!

> Hey, look what I caught - DITTO! It's got quite a NAUGHTY nature.  
According to my POKéDEX, it's Lv. 85 and knows TRANSFORM, TRANSFORM, TRANSFORM, and TRANSFORM

Nice, its ability is IMPOSTER!

The description from the POKéDEX states:

\* When it encounters another Ditto, it will move faster than normal to duplicate that opponent exactly.

Mind-boggling find!

> Despite my best efforts, I wasn't able to catch that WIGGLYTUFF... Hopefully I find another one!

> Hey, look what I caught - KABUTO! It's got quite a CAREFUL nature.  
According to my POKéDEX, it's Lv. 78 and knows REFLECT, CURSE, AERIAL-ACE, and PROTECT

Nice, its ability is WEAK-ARMOR!

The description from the POKéDEX states:

\* While some say this species has gone extinct, Kabuto sightings are apparently fairly common in some places.

Bewildering find!

> Shoot! I nearly caught a KYOGRE, but it got away. Better luck next time...

> I found MEDICHAM! It appears to be Lv. 59 with the moves HELPING-HAND, FLASH, DREAM-EATER, and DREAM-EATER

It has a RASH nature, with the ability PURE-POWER.

Here's what the POKéDEX has to say about it:

\* Through the power of meditation, Medicham developed its sixth sense. It gained the ability to use psychokinetic powers. This Pokémon is known to meditate for a whole month without eating.

So unbelievable!

> I decided to go back to the nearest POKéCENTRE and heal up the team. Time to refresh!

> Hey, look what I caught - JIGGLYPUFF! It's got quite a LONELY nature.  
According to my POKéDEX, it's Lv. 8 and knows REST, HYPER-VOICE, MEGA-PUNCH, and SPIT-UP

Nice, its ability is COMPETITIVE!

The description from the POKéDEX states:

\* By freely changing the wavelength of its voice, Jigglypuff sings a mysterious melody sure to make any listener sleepy.

Portentous find!

> Despite my best efforts, I wasn't able to catch that SABLEYE... Hopefully I find another one!

> Whoa, you won't believe it; I stumbled across NIDORINO! And it's got the ability POISON-POINT!

Apparently it is Lv. 49 and has a LAX nature. Seems to know POISON-STING, HONE-CLAWS, TAKE-DOWN, and WATER-PULSE!

Oh, and here's what the POKéDEX says:

\* It's nervous and quick to act aggressively. The potency of its poison increases along with the level of adrenaline present in its body.

Score! Just stirring.

Phew, time to take a break! I got quite a lot done, wouldn't you say?  
Did I manage to become a POKÉMON master? Let's take a look at the stats:

Times I checked the POKéDEX: 18  
Trips to the POKéCENTRE: 22  
Trips to the POKéMART: 22  
Forests entered: 13  
Caves entered: 27  
Routes entered: 18

And of course, time to look at the results of the POKéDEX...

According to my POKéDEX, out of 353 POKéMON in the region, I have SEEN 353 POKéMON  
and of that number I have CAUGHT 321 POKéMON.  
So in total, I got 100% of the way there in terms of POKéMON SEEN.  
Not bad!

My final PC boxes show the following list of POKéMON that I have CAUGHT:

- \* Lv. 100 NUZLEAF - CHLOROPHYLL and NAUGHTY nature.
- \* Lv. 92 LOTAD - RAIN-DISH and NAUGHTY nature.
- \* Lv. 50 MACHOP - GUTS and BOLD nature.
- \* Lv. 24 MR-MIME - FILTER and BRAVE nature.
- \* Lv. 4 VAPOREON - WATER-ABSORB and LAX nature.
- \* Lv. 27 BULBASAUR - CHLOROPHYLL and JOLLY nature.
- \* Lv. 51 XATU - MAGIC-BOUNCE and NAUGHTY nature.
- \* Lv. 30 SEADRA - DAMP and DOCILE nature.
- \* Lv. 48 NUMEL - OWN-TEMPO and SASSY nature.
- \* Lv. 16 WARTORTLE - RAIN-DISH and DOCILE nature.
- \* Lv. 22 VENONAT - RUN-AWAY and LONELY nature.
- \* Lv. 33 MAGNEMITE - STURDY and NAIVE nature.
- \* Lv. 38 HITMONCHAN - INNER-FOCUS and LAX nature.
- \* Lv. 88 TAUROS - INTIMIDATE and MODEST nature.
- \* Lv. 53 PARAS - DAMP and BOLD nature.
- \* Lv. 40 GOLEM - SAND-VEIL and JOLLY nature.
- \* Lv. 38 ABRA - MAGIC-GUARD and CALM nature.
- \* Lv. 27 VILEPLUME - EFFECT-SPORE and HARDY nature.
- \* Lv. 41 ABSOL - JUSTIFIED and MODEST nature.
- \* Lv. 28 STARMIE - ANALYTIC and BOLD nature.
- \* Lv. 2 CHINCHOU - WATER-ABSORB and NAUGHTY nature.
- \* Lv. 54 LOUDREO - SOUNDPROOF and IMPISH nature.
- \* Lv. 43 GOLDEEN - WATER-VEIL and BOLD nature.
- \* Lv. 97 SILCOON - SHED-SKIN and NAIVE nature.
- \* Lv. 79 SHIFTRY - PICKPOCKET and QUIRKY nature.
- \* Lv. 26 DRATINI - MARVEL-SCALE and SASSY nature.
- \* Lv. 21 CUBONE - ROCK-HEAD and RASH nature.
- \* Lv. 69 MACHOKE - GUTS and QUIET nature.
- \* Lv. 28 KANGASKHAN - EARLY-BIRD and HASTY nature.
- \* Lv. 62 VENUSAUR - OVERGROW and SERIOUS nature.
- \* Lv. 14 DUGTRIO - SAND-FORCE and BASHFUL nature.
- \* Lv. 31 ELECTRODE - SOUNDPROOF and ADAMANT nature.
- \* Lv. 86 POLIWHIRL - DAMP and NAIVE nature.
- \* Lv. 12 REGIROCK - STURDY and LAX nature.
- \* Lv. 29 NIDOQUEEN - POISON-POINT and HASTY nature.
- \* Lv. 40 VOLBEAT - ILLUMINATE and GENTLE nature.
- \* Lv. 97 EXEGGUTOR - HARVEST and JOLLY nature.
- \* Lv. 20 METAPOD - SHED-SKIN and DOCILE nature.
- \* Lv. 65 WEEDLE - RUN-AWAY and MODEST nature.

- \* Lv. 72 RATICATE - GUTS and JOLLY nature.
- \* Lv. 40 ELECTABUZZ - STATIC and CAREFUL nature.
- \* Lv. 56 WAILMER - PRESSURE and TIMID nature.
- \* Lv. 55 SURSKIT - RAIN-DISH and NAUGHTY nature.
- \* Lv. 15 TENTACRUEL - LIQUID-OOZE and DOCILE nature.
- \* Lv. 96 GOREBYSS - HYDRATION and QUIRKY nature.
- \* Lv. 83 SNORUNT - INNER-FOCUS and HASTY nature.
- \* Lv. 69 ALTARIA - CLOUD-NINE and RELAXED nature.
- \* Lv. 65 PIDGEOTTO - BIG-PECKS and BOLD nature.
- \* Lv. 72 PLUSLE - PLUS and ADAMANT nature.
- \* Lv. 8 GIRAFARIG - INNER-FOCUS and GENTLE nature.
- \* Lv. 38 ZAPDOS - STATIC and GENTLE nature.
- \* Lv. 37 TROPIUS - CHLOROPHYLL and CALM nature.
- \* Lv. 19 JYNX - DRY-SKIN and NAIVE nature.
- \* Lv. 55 WHISCASH - ANTICIPATION and GENTLE nature.
- \* Lv. 34 METANG - LIGHT-METAL and HASTY nature.
- \* Lv. 58 FEEBAS - OBLIVIOUS and CALM nature.
- \* Lv. 6 SKARMORY - KEEN-EYE and TIMID nature.
- \* Lv. 88 SKITTY - NORMALIZE and ADAMANT nature.
- \* Lv. 36 NIDORINA - POISON-POINT and SERIOUS nature.
- \* Lv. 56 TENTACOOLO - RAIN-DISH and TIMID nature.
- \* Lv. 16 ARON - ROCK-HEAD and MILD nature.
- \* Lv. 57 WHISMUR - SOUNDPROOF and MILD nature.
- \* Lv. 32 MAROWAK - BATTLE-ARMOR and ADAMANT nature.
- \* Lv. 3 SHROOMISH - POISON-HEAL and CALM nature.
- \* Lv. 54 SHELCON - ROCK-HEAD and BASHFUL nature.
- \* Lv. 37 AZUMARILL - SAP-SIPPER and BOLD nature.
- \* Lv. 13 GASTLY - LEVITATE and GENTLE nature.
- \* Lv. 19 MAGIKARP - SWIFT-SWIM and DOCILE nature.
- \* Lv. 42 BELLOSSOM - CHLOROPHYLL and QUIET nature.
- \* Lv. 85 GRIMER - POISON-TOUCH and MODEST nature.
- \* Lv. 24 OMANYTE - WEAK-ARMOR and HARDY nature.
- \* Lv. 47 MOLTRES - FLAME-BODY and MODEST nature.
- \* Lv. 8 WIGGLYTUFF - CUTE-CHARM and QUIRKY nature.
- \* Lv. 87 MUK - STICKY-HOLD and TIMID nature.
- \* Lv. 89 ALAKAZAM - MAGIC-GUARD and MILD nature.
- \* Lv. 66 GARDEVOIR - SYNCHRONIZE and SERIOUS nature.
- \* Lv. 38 RELICANTH - SWIFT-SWIM and GENTLE nature.
- \* Lv. 19 CASTFORM - FORECAST and ADAMANT nature.
- \* Lv. 69 CASCOON - SHED-SKIN and SERIOUS nature.
- \* Lv. 47 SANDSHREW - SAND-RUSH and QUIRKY nature.
- \* Lv. 4 NINETALES - FLASH-FIRE and CALM nature.
- \* Lv. 73 OMASTAR - WEAK-ARMOR and TIMID nature.
- \* Lv. 39 PICHU - STATIC and GENTLE nature.
- \* Lv. 77 SNORLAX - IMMUNITY and QUIRKY nature.
- \* Lv. 36 BEEDRILL - SNIPER and SERIOUS nature.
- \* Lv. 15 MEOWTH - UNNERVE and BASHFUL nature.
- \* Lv. 37 MACHOP - STEADFAST and CAREFUL nature.
- \* Lv. 14 CLAYDOL - LEVITATE and TIMID nature.
- \* Lv. 51 PARASECT - DAMP and BOLD nature.
- \* Lv. 32 BALTOY - LEVITATE and SASSY nature.
- \* Lv. 69 TANGELA - LEAF-GUARD and BRAVE nature.
- \* Lv. 74 LAPRAS - SHELL-ARMOR and LONELY nature.
- \* Lv. 53 COMBUSKEN - SPEED-BOOST and CAREFUL nature.
- \* Lv. 82 METAGROSS - LIGHT-METAL and JOLLY nature.
- \* Lv. 45 ZUBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 18 SCYTHER - SWARM and HASTY nature.
- \* Lv. 37 RATTATA - HUSTLE and IMPISH nature.
- \* Lv. 99 SLAKING - TRUANT and RASH nature.



- \* Lv. 50 ZIGZAGOON - PICKUP and BASHFUL nature.
- \* Lv. 1 NIDOKING - RIVALRY and LONELY nature.
- \* Lv. 25 ROSELIA - LEAF-GUARD and BOLD nature.
- \* Lv. 57 MIGHTYENA - MOXIE and IMPISH nature.
- \* Lv. 16 HORSEA - SWIFT-SWIM and HARDY nature.
- \* Lv. 94 BUTTERFREE - COMPOUND-EYES and SERIOUS nature.
- \* Lv. 68 CHARMELEON - SOLAR-POWER and MODEST nature.
- \* Lv. 45 STARMIE - NATURAL-CURE and RASH nature.
- \* Lv. 28 EXEGGCUTE - CHLOROPHYLL and HARDY nature.
- \* Lv. 24 VENOMOTH - SHIELD-DUST and QUIRKY nature.
- \* Lv. 81 SHUPPET - CURSED-BODY and SASSY nature.
- \* Lv. 53 FARFETCHD - KEEN-EYE and QUIET nature.
- \* Lv. 95 GOLDEEN - LIGHTNING-ROD and TIMID nature.
- \* Lv. 36 ZANGOOSE - IMMUNITY and SASSY nature.
- \* Lv. 72 LICKITUNG - OWN-TEMPO and TIMID nature.
- \* Lv. 82 LUVDISC - SWIFT-SWIM and HARDY nature.
- \* Lv. 21 GRUMPIG - GLUTTONY and CALM nature.
- \* Lv. 86 LATIAS - LEVITATE and MILD nature.
- \* Lv. 99 RAICHU - LIGHTNING-ROD and IMPISH nature.
- \* Lv. 86 HAUNTER - LEVITATE and CALM nature.
- \* Lv. 70 ODDISH - CHLOROPHYLL and JOLLY nature.
- \* Lv. 85 JOLTEON - VOLT-ABSORB and SERIOUS nature.
- \* Lv. 100 NINCADA - COMPOUND-EYES and MODEST nature.
- \* Lv. 50 PHANPY - PICKUP and QUIET nature.
- \* Lv. 46 GOLDUCK - SWIFT-SWIM and HASTY nature.
- \* Lv. 27 PINSIR - MOXIE and MILD nature.
- \* Lv. 92 TRAPINCH - ARENA-TRAP and GENTLE nature.
- \* Lv. 3 SPHEAL - ICE-BODY and RASH nature.
- \* Lv. 67 DRAGONAIR - MARVEL-SCALE and SASSY nature.
- \* Lv. 51 VOLTORB - SOUNDPROOF and HARDY nature.
- \* Lv. 54 GROWLITHE - FLASH-FIRE and JOLLY nature.
- \* Lv. 70 VILEPLUME - EFFECT-SPORE and DOCILE nature.
- \* Lv. 79 REGICE - CLEAR-BODY and IMPISH nature.
- \* Lv. 70 IVYSAUR - OVERGROW and TIMID nature.
- \* Lv. 51 DRAGONITE - INNER-FOCUS and HARDY nature.
- \* Lv. 16 MAWILE - SHEER-FORCE and BOLD nature.
- \* Lv. 82 MINUN - MINUS and HARDY nature.
- \* Lv. 66 MAGNETON - STURDY and HARDY nature.
- \* Lv. 1 KECLEON - PROTEAN and CAREFUL nature.
- \* Lv. 69 PERSIAN - UNNERVE and BASHFUL nature.
- \* Lv. 99 GROUDON - DROUGHT and NAIVE nature.
- \* Lv. 54 PIDGEOT - KEEN-EYE and QUIET nature.
- \* Lv. 90 GOLDUCK - CLOUD-NINE and SASSY nature.
- \* Lv. 37 SEEDOT - CHLOROPHYLL and BASHFUL nature.
- \* Lv. 91 POOCHYENA - RATTLED and JOLLY nature.
- \* Lv. 14 SANDSLASH - SAND-RUSH and BOLD nature.
- \* Lv. 67 WURMPLE - RUN-AWAY and HARDY nature.
- \* Lv. 23 TAILLOW - GUTS and GENTLE nature.
- \* Lv. 68 DROWZEE - INSOMNIA and TIMID nature.
- \* Lv. 85 CAMERUPT - SOLID-ROCK and DOCILE nature.
- \* Lv. 38 BLASTOISE - RAIN-DISH and SERIOUS nature.
- \* Lv. 41 GEODUDE - STURDY and QUIRKY nature.
- \* Lv. 100 WAILORD - PRESSURE and BRAVE nature.
- \* Lv. 40 MAGIKARP - SWIFT-SWIM and GENTLE nature.
- \* Lv. 85 DODRIO - RUN-AWAY and BRAVE nature.
- \* Lv. 99 MANKEY - ANGER-POINT and HASTY nature.
- \* Lv. 46 MAGNETON - MAGNET-PULL and SERIOUS nature.
- \* Lv. 74 SEALEO - ICE-BODY and GENTLE nature.
- \* Lv. 44 GLOOM - STENCH and DOCILE nature.

- \* Lv. 13 MACHOKE - STEADFAST and SERIOUS nature.
- \* Lv. 67 MARSHTOMP - DAMP and BASHFUL nature.
- \* Lv. 15 SHARPEDO - ROUGH-SKIN and SERIOUS nature.
- \* Lv. 39 HYPNO - INNER-FOCUS and BASHFUL nature.
- \* Lv. 65 VOLTORB - STATIC and CAREFUL nature.
- \* Lv. 73 DIGLETT - ARENA-TRAP and NAUGHTY nature.
- \* Lv. 11 GOLEM - STURDY and ADAMANT nature.
- \* Lv. 25 WALREIN - THICK-FAT and BASHFUL nature.
- \* Lv. 47 WYNAUT - SHADOW-TAG and ADAMANT nature.
- \* Lv. 7 MAGCARGO - FLAME-BODY and GENTLE nature.
- \* Lv. 39 ARCANINE - INTIMIDATE and NAUGHTY nature.
- \* Lv. 40 DUSKULL - LEVITATE and LAX nature.
- \* Lv. 68 DELCATTY - CUTE-CHARM and BRAVE nature.
- \* Lv. 85 CLEFABLE - UNAWARE and BRAVE nature.
- \* Lv. 45 ANORITH - BATTLE-ARMOR and CALM nature.
- \* Lv. 71 SPEAROW - SNIPER and LAX nature.
- \* Lv. 6 LUDICOLO - RAIN-DISH and ADAMANT nature.
- \* Lv. 21 SQUIRTLE - RAIN-DISH and CALM nature.
- \* Lv. 97 FEAROW - SNIPER and GENTLE nature.
- \* Lv. 23 ALAKAZAM - MAGIC-GUARD and TIMID nature.
- \* Lv. 42 VICTREEBEL - CHLOROPHYLL and IMPISH nature.
- \* Lv. 30 FLAREON - GUTS and HARDY nature.
- \* Lv. 42 GRIMER - STENCH and MILD nature.
- \* Lv. 77 KRABBY - SHELL-ARMOR and ADAMANT nature.
- \* Lv. 68 SOLROCK - LEVITATE and NAIVE nature.
- \* Lv. 13 SPINDA - OWN-TEMPO and MILD nature.
- \* Lv. 41 ZUBAT - INFILTRATOR and IMPISH nature.
- \* Lv. 29 LILEEP - STORM-DRAIN and MILD nature.
- \* Lv. 18 RHYHORN - LIGHTNING-ROD and CAREFUL nature.
- \* Lv. 39 HARIYAMA - THICK-FAT and HASTY nature.
- \* Lv. 93 ARMALDO - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 49 SWELLOW - GUTS and SERIOUS nature.
- \* Lv. 64 KINGLER - SHELL-ARMOR and BASHFUL nature.
- \* Lv. 89 MUK - STICKY-HOLD and QUIRKY nature.
- \* Lv. 12 LUNATONE - LEVITATE and ADAMANT nature.
- \* Lv. 21 ARTICUNO - PRESSURE and BOLD nature.
- \* Lv. 77 MEW - SYNCHRONIZE and RASH nature.
- \* Lv. 66 GENGAR - CURSED-BODY and BRAVE nature.
- \* Lv. 38 EEEVEE - ADAPTABILITY and TIMID nature.
- \* Lv. 21 WINGULL - KEEN-EYE and DOCILE nature.
- \* Lv. 62 DODRIO - RUN-AWAY and DOCILE nature.
- \* Lv. 69 SALAMENCE - INTIMIDATE and NAIVE nature.
- \* Lv. 35 PELIPPER - RAIN-DISH and RASH nature.
- \* Lv. 28 MILOTIC - MARVEL-SCALE and IMPISH nature.
- \* Lv. 2 HITMONLEE - LIMBER and CAREFUL nature.
- \* Lv. 85 ELECTRIKE - LIGHTNING-ROD and HARDY nature.
- \* Lv. 99 RAYQUAZA - AIR-LOCK and GENTLE nature.
- \* Lv. 32 ONIX - ROCK-HEAD and HARDY nature.
- \* Lv. 13 VULPIX - DROUGHT and JOLLY nature.
- \* Lv. 59 VIBRAVA - LEVITATE and QUIET nature.
- \* Lv. 10 FLYGON - LEVITATE and MODEST nature.
- \* Lv. 71 HUNTAIL - SWIFT-SWIM and HARDY nature.
- \* Lv. 47 IGGLYBUFF - CUTE-CHARM and ADAMANT nature.
- \* Lv. 10 NATU - SYNCHRONIZE and QUIRKY nature.
- \* Lv. 11 CORSOLA - HUSTLE and SASSY nature.
- \* Lv. 90 CHIMECHO - LEVITATE and BOLD nature.
- \* Lv. 91 KABUTOPS - BATTLE-ARMOR and QUIRKY nature.
- \* Lv. 29 SANDSLASH - SAND-RUSH and RASH nature.
- \* Lv. 30 GLALIE - INNER-FOCUS and RELAXED nature.

- \* Lv. 98 CORPHISH - ADAPTABILITY and GENTLE nature.
- \* Lv. 45 TENTACRUEL - CLEAR-BODY and SERIOUS nature.
- \* Lv. 46 CLEFAIRY - MAGIC-GUARD and IMPISH nature.
- \* Lv. 44 CROBAT - INNER-FOCUS and BRAVE nature.
- \* Lv. 73 WOBBUFFET - TELEPATHY and RELAXED nature.
- \* Lv. 1 BANETTE - FRISK and BRAVE nature.
- \* Lv. 54 MANECTRIC - STATIC and IMPISH nature.
- \* Lv. 22 DEWGONG - HYDRATION and QUIRKY nature.
- \* Lv. 92 TENTACOOOL - CLEAR-BODY and MILD nature.
- \* Lv. 45 PRIMEAPE - VITAL-SPIRIT and NAIVE nature.
- \* Lv. 87 MEDITITE - PURE-POWER and MODEST nature.
- \* Lv. 41 PSYDUCK - CLOUD-NINE and MODEST nature.
- \* Lv. 80 NINJASK - INFILTRATOR and SASSY nature.
- \* Lv. 48 MACHOP - NO-GUARD and DOCILE nature.
- \* Lv. 35 KADABRA - SYNCHRONIZE and CAREFUL nature.
- \* Lv. 25 DUSTOX - COMPOUND-EYES and BRAVE nature.
- \* Lv. 68 PIKACHU - STATIC and HASTY nature.
- \* Lv. 70 AERODACTYL - UNNERVE and TIMID nature.
- \* Lv. 98 CACNEA - SAND-VEIL and SERIOUS nature.
- \* Lv. 77 NOSEPASS - MAGNET-PULL and LAX nature.
- \* Lv. 63 CACTURNE - WATER-ABSORB and RELAXED nature.
- \* Lv. 21 DEOXYS - UNKNOWN and LAX nature.
- \* Lv. 33 ARBOK - UNNERVE and LONELY nature.
- \* Lv. 75 JIRACHI - SERENE-GRACE and SERIOUS nature.
- \* Lv. 97 SEEL - ICE-BODY and NAIVE nature.
- \* Lv. 48 HERACROSS - GUTS and HASTY nature.
- \* Lv. 45 SEADRA - POISON-POINT and HARDY nature.
- \* Lv. 28 KIRLIA - TRACE and NAIVE nature.
- \* Lv. 64 CARVANHA - SPEED-BOOST and NAIVE nature.
- \* Lv. 44 VIGOROTH - VITAL-SPIRIT and LONELY nature.
- \* Lv. 72 SHEDINJA - WONDER-GUARD and QUIRKY nature.
- \* Lv. 92 CHARIZARD - BLAZE and RELAXED nature.
- \* Lv. 98 MAGMAR - FLAME-BODY and HASTY nature.
- \* Lv. 42 CHANSEY - NATURAL-CURE and NAIVE nature.
- \* Lv. 89 WEEPINBELL - GLUTTONY and DOCILE nature.
- \* Lv. 95 CRAWDAUNT - ADAPTABILITY and QUIET nature.
- \* Lv. 61 SPOINK - THICK-FAT and RASH nature.
- \* Lv. 8 DONPHAN - STURDY and CALM nature.
- \* Lv. 65 SEAKING - SWIFT-SWIM and SERIOUS nature.
- \* Lv. 15 AGGRON - STURDY and ADAMANT nature.
- \* Lv. 54 RALTS - SYNCHRONIZE and QUIET nature.
- \* Lv. 63 LANTURN - ILLUMINATE and MILD nature.
- \* Lv. 74 GYARADOS - MOXIE and SERIOUS nature.
- \* Lv. 5 SLOWPOKE - OWN-TEMPO and MODEST nature.
- \* Lv. 66 ODDISH - RUN-AWAY and ADAMANT nature.
- \* Lv. 66 SWALOT - GLUTTONY and MODEST nature.
- \* Lv. 8 STARYU - ILLUMINATE and CAREFUL nature.
- \* Lv. 93 RHYDON - RECKLESS and RASH nature.
- \* Lv. 64 ABRA - MAGIC-GUARD and SERIOUS nature.
- \* Lv. 91 SLUGMA - MAGMA-ARMOR and RASH nature.
- \* Lv. 87 NINETALES - DROUGHT and RASH nature.
- \* Lv. 31 GOLBAT - INFILTRATOR and BRAVE nature.
- \* Lv. 64 PSYDUCK - CLOUD-NINE and HARDY nature.
- \* Lv. 82 SANDSHREW - SAND-VEIL and ADAMANT nature.
- \* Lv. 28 SLOWBRO - REGENERATOR and GENTLE nature.
- \* Lv. 92 MAGNEMITE - MAGNET-PULL and MILD nature.
- \* Lv. 51 PIKACHU - LIGHTNING-ROD and SERIOUS nature.
- \* Lv. 38 TREECKO - UNBURDEN and BOLD nature.
- \* Lv. 35 PINSIR - MOLD-BREAKER and GENTLE nature.



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