School

Study

Stress Level(1, 2, 3 25%) You listened to the lecture and learned a lot. +2 Intelligence +2 Stress -1 Stamina

Stress Level(3 75%,4) You listened to the lecture. +1 Intelligence +1 Stress -1 Stamina

Stress Level(5) You couldn’t pay attention to the lecture. +0 Intelligence +1 Stress -1 Stamina

Listen to lecture

Stress Level(1, 2 50%) You listened to the lecture and learned a lot. +3 Intelligence +3 Stress -1 Stamina

Stress Level(2 50%, 3, 4 50%) You listened to the lecture. +1 Intelligence +1 Stress -1 Stamina

Stress Level(4 50%, 5) You couldn’t pay attention to the lecture. +0 Intelligence +1 Stress -1 Stamina

Sleep

(80%)You slept and feel well rested +0 Intelligence +0 Stress +0 Stamina

(20%)Hey Wake up and pay attention! +0 Intelligence +1 Stress +0 Stamina

Exercise

Stress (1 - 3, 4 50%) You feel stronger. +1 Endurance +1 Stress -1 Stamina

Stress (4 50%, 5) -You weren’t motivated to exercise.- +0 Endurance +1 Stress -1 Stamina

Eat Lunch

You ate the lunch you cooked this morning and it was delicious. -2 Stress +2 Stamina

(Skip Lunch) You didn’t eat lunch. +1 Stress -1 Stamina

($1 Bag of Chips) You bought lunch and ate it. -0 Stress +0 Stamina

($2 Sandwhich) You bought lunch and it was good. -1 Stress +1 Stamina

($3 Combo Meal) You bought lunch and it was delicious. -2 Stress +2 Stamina

Home

Homework

Stress Level(1, 2, 3 50%) You easily did your homework. +2 Intelligence +2 Stress -1 Stamina

Stress Level(3 50%,4 75%) You did your homework. +1 Intelligence +1 Stress -1 Stamina

Stress Level(4 25%, 5) You couldn’t figure out your homework. +0 Intelligence +1 Stress -1 Stamina

Exercise

Stress (1 - 3, 4 50%) You feel stronger. +1 Endurance +1 Stress -1 Stamina

Stress (4 50%, 5) -You weren’t motivated to exercise.- +0 Endurance +1 Stress -1 Stamina

Sleep

Stamina 1 - You’re extremely tired. +2 Stamina Level, -1 Stress

Stamina (2-5) - You’re tired. +1 Stamina -1 Stress

Stamina(2-5) w/ spare phases - +2 Stamina -2 Stress