Points Recovery

Psionic Strength Recovery

Physical Activity	PSPs Recovered
Physical Activity	PSPs Recovered
Hard exertion*	none
Walking, riding	3/hour (1 every 2 turns)
Sitting, resting, reading	6/hour (1/turn)
Rejuvenating†, sleeping	12/hour (2/turn)

* 'Hard exertion' includes fighting, running, digging ditches, walking while encumbered, climbing a rope, scaling a mountain, exploring a dungeon, swimming, and any other activity the DM wants to include.

† This refers to use of the psionicist's Rejuvenating proficiency.

Mage Tachyon Recovery

Physical Activity	TSPs Recovered
Any exertion*	none
Sitting, resting, reading	1 per level/hour
Meditation†, sleeping	6 per level/hour (1 per level/turn)

* 'Any exertion' includes any light exertion like walking while unencumbered, riding, debatting with friends, being on nightwatch, memorizing a spell, and any other activity the DM wants to include.

† This refers to use of the wizards's Meditation proficiency.

Priest Tachyon Recovery

Physical Activity	TSPs Recovered
Any exertion	none
Sitting, resting, reading	1 per level/hour
Sleeping	2 per level/hour (1 per level every 3 turns)
Meditation†, praying‡	6 per level/hour (1 per level/turn)

† This refers to use of the priest's Meditation proficiency.

‡ 'Praying' excludes any other action.