# 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.