

Actions during Encounter Mode (three actions, one reaction, and several free actions in one round = 6 seconds)

Category	Name, type, traits, requirements	What you do	Effect
Basic	<b>Aid</b> ➦ Ally is willing to accept help, and you are prepared to help	Appropriate skill check vs DC 20	Bonus to the triggering check
	<b>Crawl</b> ➦ MOVE Your speed is at least 10 feet		You move 5 feet and stay prone
	<b>Delay</b> ⬠ Trigger: Your turn begins		You are removed from the initiative order and return at the end of another creature's turn
	<b>Drop Prone</b> ➦ MOVE		You fall prone
	<b>Escape</b> ➦ ATTACK	Unarmed attack vs. effect's DC	You get free
	<b>Interact</b> ➦ MANIPULATE	Use your hands to manipulate an object or the terrain	
	<b>Leap</b> ➦ MOVE	Take a short jump	Leap 10 or 15 (if speed ≥ 30) feet horizontally or 3 feet vertically
	<b>Ready</b> ➦➦ CONCENTRATE	Choose a single or free action and designate a trigger	If the trigger occurs, you can use the chosen action as a reaction
	<b>Release</b> ⬠ MANIPULATE	Release something you're holding	
	<b>Stand</b> ➦ MOVE		You stand up from prone
	<b>Step</b> ➦ MOVE Your speed is at least 10 feet	You carefully move 5 feet	Stepping doesn't trigger reactions
	<b>Stride</b> ➦ MOVE		You move up to your speed
	<b>Strike</b> ➦ ATTACK	Attack roll vs target's AC	Critical success deals double damage; multiple attack penalty -5
	<b>Take cover</b> ➦ You are near a feature that offers cover		+2 for standard cover, +4 for greater cover
	<b>Avert Gaze</b> ➦		+2 to saves vs. gaze attacks
	<b>Grab an Edge</b> ➦ MANIPULATE Your hands are not restrained	When you fall past an edge, you try to grab it; Reflex save vs. climb DC	You stop your fall
	<b>Mount</b> ➦ MOVE You are adjacent to your mount		You mount or dismount
	<b>Point Out</b> ➦ MANIPULATE Something is undetected by your allies	You are gesturing and describing something you can see	
	<b>Raise a Shield</b> ➦		Gain the shield's AC bonus until start of next turn
Acrobatics	<b>Balance</b> ➦ MOVE	Acrobatics check vs. balance DC	If successful, you move
	<b>Tumble Through</b> ➦ MOVE	Acrobatics check vs. enemy's reflex DC	You move through the enemy's squares as difficult terrain
Athletics	<b>Climb</b> ➦ MOVE You have both hands free	Athletics check vs. climb DC	You move up, down or across an incline
	<b>Force Open</b> ➦ ATTACK	Athletics check vs. object DC	Object is open
	<b>Grapple</b> ➦ ATTACK	Athletics check vs. fortitude DC	Opponent is grabbed
	<b>High Jump</b> ➦➦	Athletics check vs. DC 30	You increase the vertical distance of your jump
	<b>Long Jump</b> ➦➦	Athletics check vs. distance in feet	You increase the horizontal distance of your jump
	<b>Shove</b> ➦ ATTACK	Athletics check vs. fortitude DC	You push your opponent back
	<b>Swim</b> ➦ MOVE	Athletics check vs. swim DC	If you fail critically, you begin to drown
	<b>Trip</b> ➦ ATTACK	Athletics check vs. reflex DC	The target falls prone
Athletics trained	<b>Disarm</b> ➦ ATTACK	Athletics check vs. reflex DC	You weaken your opponent's grasp on the item
Intimidation	<b>Demoralize</b> ➦ CONCENTRATE MENTAL	Intimidation check vs. will DC of a creature within 30 feet	The target becomes frightened

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Perception	<b>Seek</b> ➡ CONCENTRATE SECRET	Perception check vs. stealth DC or object DC	Undetected becomes hidden or hidden becomes observed
	<b>Sense Motive</b> ➡ CONCENTRATE SECRET	Perception check vs. deception DC	You learn about the creature's intentions
Deception	<b>Create a Diversion</b> ➡ MENTAL	Deception check vs. perception DC	You become hidden until the end of your turn
Deception trained	<b>Feint</b> ➡ MENTAL You are within melee range	Deception check vs. perception DC	The target is flat-footed
Diplomacy	<b>Request</b> ➡ CONCENTRATE MENTAL	Diplomacy check vs. DC	The target agrees to your request
Medicine	<b>Administer First Aid</b> ➡➡ MANIPULATE	Medicine check vs. effect DC	Stabilize a dying creature or stop bleeding
	<b>Recall Knowledge</b> ➡ CONCENTRATE SECRET	Skill check vs. DC	Diseases; injuries; poisons;
Medicine trained	<b>Treat Poison</b> ➡ MANIPULATE You have healer's tools	Medicine check vs. poison DC	You grant the creature a bonus to its next saving throw against the poison
Nature	<b>Command an Animal</b> ➡ CONCENTRATE	Nature check vs. animal's will DC	The animal does as you command
	<b>Recall Knowledge</b> ➡ CONCENTRATE SECRET	Skill check vs. DC	Fauna; flora; geography; weather; environment; natural creatures; material and elemental planes
Performance	<b>Perform</b> ➡ CONCENTRATE	Performance check vs. audience DC	Observers appreciate your performance
Stealth	<b>Conceal an Object</b> ➡ MANIPULATE SECRET	Stealth check vs. perception DC	The object remains undetected
	<b>Hide</b> ➡ SECRET	Stealth check vs. perception DC	You are hidden or undetected
	<b>Sneak</b> ➡ MOVE SECRET	Stealth check vs. perception DC	You are undetected during your movement
Thievery	<b>Palm an Object</b> ➡ MANIPULATE	Thievery check vs. perception DC	The opponent does not notice the object
	<b>Steal</b> ➡ MANIPULATE	Thievery check vs. perception DC	You steal the item without the bearer noticing
Thievery trained	<b>Disable a Device</b> ➡➡ MANIPULATE	Thievery check vs. device DC	You disable the device
	<b>Pick a Lock</b> ➡➡ MANIPULATE You have thieves' tools	Thievery check vs. lock DC	You open the lock, or you achieve successes toward opening a complex lock
Arcana	<b>Recall Knowledge</b> ➡ CONCENTRATE SECRET	Skill check vs. DC	Arcane theory; magic tradition; dragons and magical beasts; Elemental, Astral and Shadow plane
Crafting	<b>Recall Knowledge</b> ➡ CONCENTRATE SECRET	Skill check vs. DC	Alchemical reactions; value of items; engineering; materials; constructs
Lore	<b>Recall Knowledge</b> ➡ CONCENTRATE SECRET	Skill check vs. DC	Subject of your lore skill
Occultism	<b>Recall Knowledge</b> ➡ CONCENTRATE SECRET	Skill check vs. DC	Ancient mysteries; obscure philosophy; aberrations, spirits, oozes; energy, shadow, astral and ethereal planes
Religion	<b>Recall Knowledge</b> ➡ CONCENTRATE SECRET	Skill check vs. DC	Divine agents; theology; faiths; celestials, fiends, undead; outer sphere; energy planes
Society	<b>Recall Knowledge</b> ➡ CONCENTRATE SECRET	Skill check vs. DC	Local history; important persons; legal institutions; societal structure; culture
Spellcasting	<b>Cast a Spell</b>	The spell's description names the type, traits, requirements, actions, and effects	
	<b>Sustain a Spell</b> ➡ CONCENTRATE You have a spell active with a sustained duration		The duration of the spell continues until the end of your next turn
	<b>Dismiss</b> ➡ CONCENTRATE	End one spell effect you are allowed to dismiss	The effect end entirely or just for certain targets, depending on the spell

Feats can modify actions or grant you additional actions.

Activities during Exploration Mode (usually measured in minutes or longer)

Category	Name, traits, requirements	What you do	Effect
Basic	<b>Defend</b>	You travel at half speed with your shield raised	You gain the benefit of Raising a Shield, when combat breaks out
	<b>Detect Magic</b> CONCENTRATE	You regularly cast detect magic while traveling half speed	You detect magic auras along your road
	<b>Follow the Expert</b> CONCENTRATE Ally must be at least Expert and willing to assist	You imitate the expert's tactics or attempt similar skill checks, like climbing or avoiding notice	If untrained, you add your level to the proficiency bonus; you gain a bonus based on your ally's proficiency rank
	<b>Hustle</b> MOVE	You move at double speed	Maximum CON modifier x 10 Minutes (minimum 10)
	<b>Investigate</b> CONCENTRATE	You seek information while traveling at half speed	Secret Recall Knowledge checks as you journey along
	<b>Repeat a Spell</b> CONCENTRATE	You repeatedly cast a cantrip while moving at half speed or you continue a spell with sustained duration	The spell is in effect when combat breaks out
	<b>Scout</b> CONCENTRATE	You scout ahead and behind, moving at half speed	Your party gains a +1 bonus to initiative rolls
Stealth	<b>Avoid Notice</b>	You travel at half speed; Stealth check vs. perception DC	You go unnoticed
Acrobatics	<b>Squeeze</b> MOVE	Acrobatics check vs. DC	You squeeze through
Survival	<b>Sense Direction</b> SECRET	Survival check vs. DC	You gain orientation and a sense of directions
Survival trained	<b>Cover Tracks</b> CONCENTRATE MOVE	You move at half speed; if someone tracks you, he rolls a survival check vs. your survival DC or the normal DC to track	
	<b>Track</b> CONCENTRATE MOVE	Survival check vs. DC depending on the circumstances	You follow the trail
Medicine trained	<b>Treat Wounds</b> HEALING MANIPULATE You have healer's tools	Medicine check vs. DC 15, based on the circumstances	The target regains HP and its wounded condition is removed
Medicine	<b>Forensic Examination</b> CONCENTRATE MANIPULATE SECRET	You spend at least 10 minutes checking for evidence such as wound patterns; medicine check vs. DC	You determine how a body was injured or killed
Crafting	<b>Repair</b> MANIPULATE You have a repair kit	Crafting check vs. broken item DC	You restore HP to the item
Crafting trained	<b>Identify Alchemy</b> CONCENTRATE SECRET You have alchemist's tools	Alchemy check vs item DC; you spend 10 minutes	You identify the alchemical item and the means to activate it
Diplomacy	<b>Make an Impression</b> CONCENTRATE MENTAL	Diplomacy check vs. will DC after 1 minute of conversation	The target's attitude towards you improves
	<b>Gather Information</b> SECRET	Diplomacy check vs. DC; spend at least 2 hours	You collect information about the individual or topic
Deception	<b>Impersonate</b> CONCENTRATE MANIPULATE SECRET You have a disguise kit	You spend 10 minutes; if creatures use the seek action, the GM rolls a perception check vs. your deception DC; if you interact with someone, the GM rolls your deception check	You trick the creature into thinking you are the person you're disguised as.
	<b>Lie</b> CONCENTRATE MENTAL SECRET	Deception check vs. perception DC, based on the situation	The target believes your lie
Intimidation	<b>Coerce</b> CONCENTRATE EMOTION MENTAL	Intimidation check vs. will DC, modified by the situation	The target gives you information or follows your directives
Arcana, Occultism, Religion, Society all trained	<b>Decipher Writing</b> CONCENTRATE SECRET	Skill check vs. text DC; usually takes 1 minute per page, longer for ciphers	You understand the meaning of the text
Arcana, Nature, Occultism, Religion all trained	<b>Identify Magic</b> CONCENTRATE SECRET	Skill check vs. magic DC; you spend at least 10 minutes	You learn the name, the effects, and means of activation (for items)
	<b>Learn a Spell</b> CONCENTRATE The spell is on your magical tradition's spell list	Skill check vs. spell DC; you spend 1 hour per spell level	You learn the spell
Arcana	<b>Borrow a Spell</b> CONCENTRATE	Arcana check vs. spell DC	You prepare a spell from someone else's spellbook

Travel speed per 10 feet base speed: 100 feet per minute, 1 mile per hour, 8 miles per day.

Resting: the rules assume, that you do rest about 8 hours per day, after which you regain HP equal to your CON modifier times your level; if you go more than 16 hours without rest, you become fatigued.

Daily preparations take about an hour: regain spell slots, choose spells, refresh focus points and abilities, that can be used a limited number of times per day, don armor, invest up to 10 worn magic items.

Activities during Downtime Mode (usually measured in days or weeks)

<i>Category</i>	<i>Name, type, traits, requirements</i>	<i>What you do</i>	<i>Effect</i>
Basic	<b>Long Term Rest</b>	You spend an entire day and night resting	You recover HP equal your CON modifier (min. 1) x twice your level
	<b>Retraining</b>	You find a teacher; usually you have to pay for instructions	You swap out a feat, a skill or a class feature
	<b>Other Activities</b>	Do what you want and pay for your living	You spend money based on the standard of your living
Crafting trained	<b>Craft</b> MANIPULATE You have the formula for the item and appropriate tools	You supply raw materials and spend additional days of working on an item; crafting check vs. item DC	You reduce the material needed to complete the item
Society trained	<b>Create Forgery</b> SECRET You have the proper writing materials	The GM rolls a secret society check for you; the result is the DC for every observer's perception or society check	The observer does not detect the forgery.
Crafting, Lore, Performance all trained	<b>Earn Income</b>	You take on a job and work for several days; skill check vs. job DC	You use your skills to earn income, based on the difficulty of the task and your proficiency rank
Society	<b>Subsist</b>	Social check vs. environment DC	You find food and shelter in a settlement
Survival	<b>Subsist</b>	Survival check vs. environment DC	You find food and shelter in the wild