

# Energy Regimens

In **Planetfall**, characters generate **Energy** in different ways. These methods are called “Regimens” and can be switched out between Missions freely.

Playing 3 Missions in a row with the same Regimen unlocks the **Regimen Mastery** ability until a different Regimen is chosen.

Excepting the Accumulator Regimen, every Regimen has a default Energy Cap of 5, and Mastery raises that Cap to 8.

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## Generator

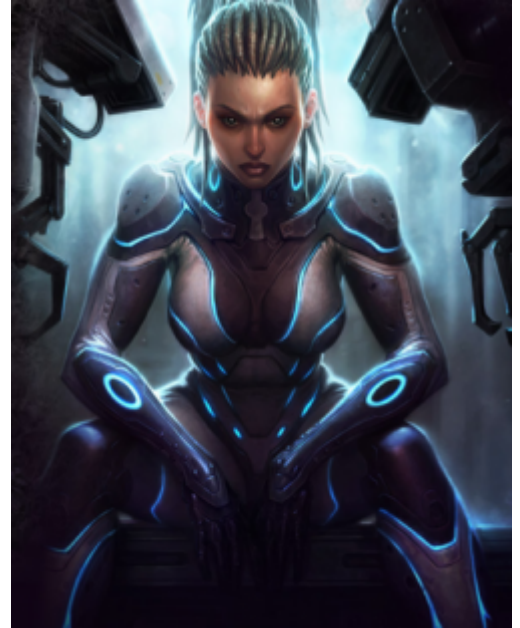
Generators naturally generate Energy when given time to rest and recoup. They are one of the more common Energy regimens, owing to having a latent pool of Energy to call upon, and can be resilient as they are able to duck into and out of combat situations having recharged their abilities.

### Generator Regimen

- You start every Adventure with a pool of 5 Energy.
- You may recover Energy up to your cap by **Recouping** (spending 30s stationary with uninterrupted appropriate roleplaying of repairing and recharging).

## Generator Mastery

- You recoup in 25s instead of 30s while taking cover.
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## Siphoner

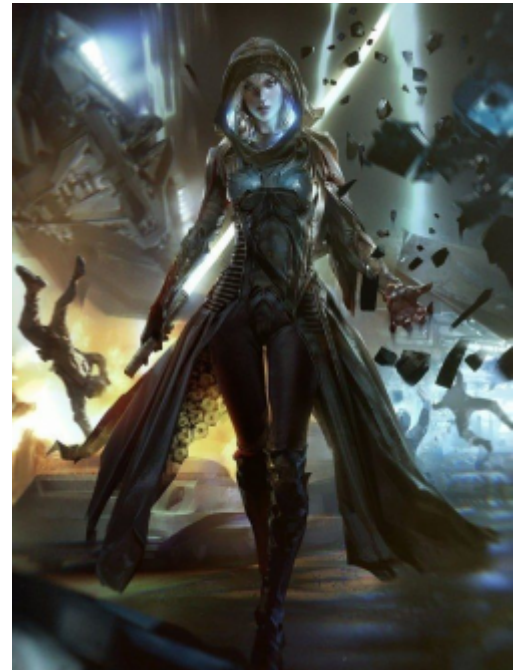
Siphoners produce energy when they take or deal damage. Training in Siphoning often involves use of a kinetic energy suit in the early stages as the trainee gets used to the combat style, but with practice the skill can be mastered without need for a suit.

### Siphoner Regimen

- Every 3 hits taken or given produces 1 Energy.
- “Taking hits” here includes PINGing them but not if they MISSED.

### Siphoner Mastery

- When you are knocked unconscious, immediately produce 5 Energy.
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## Channeller

Chanellers receive energy from a [Ship Heart](#) they have bonded with by making and maintaining a connection with that Ship Heart (provided it is in the same Star System as the Channeller). [Mystics](#) are most commonly associated with Channelling, but any individual with enough patience to get to know their Ship Heart can use this method to channel energy.

### Channeller Regimen

- With 5s of uninterrupted roleplay emphasising the connection between yourself and your Ship Heart, you produce 1 Energy.
- Examples: chanting, dancing, silent meditation.

### Channeller Mastery

- By calling upon the name of your Ship, you may ignore a hit that would break your channelling once per 30s.



## Accumulator

Accumulators prepare in advance of their expeditions away from their ships by amassing units of Energy that they can expend at will. They normally have no means of generating any more Energy than they bring with them.

### Accumulator Regimen

- You do not produce Energy.
- Instead, you start every Mission with a stockpile of 100 Energy.
- The first 3 times you call PING during an Encounter cost no Energy.

### Accumulator Mastery

- You start every Mission with a stockpile of 130 Energy.



## Assimilator (Locked - Background Required)

The mechanical-organic hybrid Various are capable of extracting power from the mechanisms that make up the universe. By consuming the world into themselves, they generate Energy to fuel their own abilities.

### Assimilator Regimen

- You start every encounter with a pool of 5 Energy.
- When you reduce an enemy to 0 HP you may choose to immediately produce 3 Energy.
- If they are dead, you may call ASSIMILATE and produce 8 Energy.
- You may spend 10s assimilating something that was not represented by a Monster phys-rep to produce 1 Energy.

### Assimilator Mastery

- Your starting body hits are doubled.
- This applies after any additional sources of raising your hits.

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