

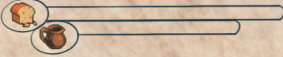
Daily Quest Scroll

Fill in what feels useful, skip the rest.

Date: _____

Needs Panel

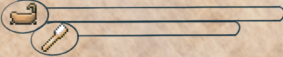
Nourishment & Hydration



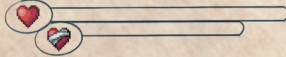
Sleep & Rest



Hygiene & Dental Care



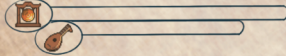
Connection & Recharge



Physical Activity & Outdoor



Mental Wellbeing & Leisure



Adulting Quests







Main Quests







Side Quests









Quest Rewards

A weary hero is a Fallen hero. It's okay to pause a quest and rest at the campfire.

