

# MMA FIGHTERS LIFESTYLE and PRE-FIGHT TRAINING CHART I

BEFORE EACH FIGHT Using Each Fighter's Lifestyle Rating (L/S) Roll 3 6d For Their Pre-Fight Condition. IE: Read as 1 and 3 and 2 = 132 not "6"

LS #		PFT. 1	P.F.T. 2	P.F.T. 3	P.F.T. 4	C.I.	M/C I	S.E.	T.I.	C.E.
10	Top Shape	112-125	126-166	211-565	566-665	111	222	333	555	666
9	Good Shape	112-135	136-235	236-554	556-665	111	222	333	555	666
8	Decent Shape	112-145	146-251	252-516	556-665	111	222	333	521-555	666
7	Softy	112-155	156-265	266-463	556-665	111	222	333	464-555	666
6	Living It Up	112-165	166-311	312-554	556-665	111	222	333,444	555	666
5	Inconsistent	112-211	212-345	346-466	556-665	111	222	333	511-555	666
4	Under Achiever	112-261	262-332	334-554	556-665	111	222	333	555	666
3	Punching Bag	112-311	312-444	445-454	556-665	111	222	333	455-555	666
2	Distracted	112-252	253-465	466-554	556-665	111	222	333	555	666
1	Just Miserable	112-221	223-332	334-554	556-665	111	222, 444	333	555	666

## RESULTS

PFT. 1 =	Pre- Fight Training Condition Is POOR (Subtract 2 From Fighter's SR Rating * and lower this Fighter's CON Rating by 3 for this fight)
PFT. 2 =	Pre- Fight Training Condition Is DECENT (Subtract 1 From Fighter's SR Rating *)
PFT. 3 =	Pre- Fight Training Condition Is NORMAL (No Change To Fighter's SR Rating)
PFT. 4 =	Pre- Fight Training Condition Is GREAT (Add 1 To Fighter's SR Rating *)
C.I. =	Roll On CATASTROPHIC INJURY Chart **
M/C.I. =	Roll On MANAGEMENT/CONTRACT ISSUES Chart **
S.E. =	Roll On SERIOUS EVENT Chart **
T.I. =	Roll On TRAINING INJURY Chart **
C.E. =	Roll On CATASTROPHIC EVENT Chart **

\*Adjust SR Rating for the Fighters. If Fighter's SR needs to be lowered and he is already a "1" SR, lower his/her CON Rating to "1" for this Fight.  
If SR needs to be raised and the Fighter's SR is already "10", increase his/her CON Rating +5 for this Fight.

\*\*C.I., M/CI., S.E., T.I., and C.E. are on the Lifestyles and Pre-Fight Training Chart 2