

POWER REGAIN CALCULATOR

| Hours: | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | |
|--------|--------|----------|--------|----------|--------|----------|--------|----------|--------|----------|--------|----------|
| POW | Active | Sleeping | Active | Sleeping | Active | Sleeping | Active | Sleeping | Active | Sleeping | Active | Sleeping |
| 3 | 0 | 1 | 1 | 1 | 1 | 2 | 1 | 2 | 1 | 3 | 2 | 3 |
| 4 | 0 | 1 | 1 | 1 | 1 | 2 | 1 | 3 | 2 | 4 | 2 | 4 |
| 5 | 0 | 1 | 1 | 2 | 1 | 3 | 2 | 3 | 2 | 5 | 3 | 5 |
| 6 | 1 | 1 | 1 | 2 | 2 | 3 | 2 | 4 | 3 | 5 | 3 | 6 |
| 7 | 1 | 1 | 1 | 2 | 2 | 4 | 2 | 5 | 3 | 6 | 4 | 7 |
| 8 | 1 | 1 | 1 | 3 | 2 | 4 | 3 | 5 | 3 | 7 | 4 | 8 |
| 9 | 1 | 2 | 2 | 3 | 2 | 5 | 3 | 6 | 4 | 8 | 5 | 9 |
| 10 | 1 | 2 | 2 | 3 | 3 | 5 | 3 | 7 | 4 | 8 | 5 | 10 |
| 11 | 1 | 2 | 2 | 4 | 3 | 6 | 4 | 7 | 5 | 9 | 6 | 11 |
| 12 | 1 | 2 | 2 | 4 | 3 | 6 | 4 | 8 | 5 | 10 | 6 | 12 |
| 13 | 1 | 2 | 2 | 4 | 3 | 7 | 4 | 9 | 5 | 11 | 7 | 13 |
| 14 | 1 | 2 | 2 | 5 | 4 | 7 | 5 | 9 | 6 | 12 | 7 | 14 |
| 15 | 1 | 3 | 3 | 5 | 4 | 8 | 5 | 10 | 6 | 13 | 8 | 15 |
| 16 | 1 | 3 | 3 | 5 | 4 | 8 | 5 | 11 | 7 | 13 | 8 | 16 |
| 17 | 1 | 3 | 3 | 6 | 4 | 9 | 6 | 11 | 7 | 14 | 9 | 17 |
| 18 | 2 | 3 | 3 | 6 | 5 | 9 | 6 | 12 | 8 | 15 | 9 | 18 |
| 19 | 2 | 3 | 3 | 6 | 5 | 10 | 6 | 13 | 8 | 16 | 10 | 19 |
| 20 | 2 | 3 | 3 | 7 | 5 | 10 | 7 | 13 | 8 | 17 | 10 | 20 |
| 21 | 2 | 4 | 4 | 7 | 5 | 11 | 7 | 14 | 9 | 18 | 11 | 21 |