

FULLNESS & WEIGHT

A Kinky Ironsworn Homebrew

v1.0



Tracks

Add these two tracks to your character sheet.

Fullness

A character's fullness track describes how much they've eaten recently. Progress is gained on this track when eating food, typically in such a way that would decrease supply. Progress is burned on this track any time considerable time passes or when extreme physical effort is spent. Any progress gained is 1 box. Any progress burned is 1 tick.

Discussion: Gaining Progress

- *Partake* when using **Make Camp**.
- *Move at Speed* when using **Undertake a Journey**.
- In fiction, any time food is present that is being eaten. Unless in civilization this likely should cost you supply.

Discussion: Burning Progress

- Consider burning progress when doing almost anything using **Edge** or **Iron**
- Burn progress when an extended period of a day passes, adjust the progress to seem fitting to the activity taken in this timespan.
- In combat, to avoid burning through fullness progress too quickly, consider potentially only burning on a miss.

Weight

A character's weight track describes how fat they are. Progress is gained on this track as the character sleeps based on the character's fullness.

SLEEP

When you **go to sleep** your body continues to metabolize the food you've eaten. Your metabolism equals $3 + \text{half your weight}$. Compare your *fullness* track to your *metabolism*, rounding down to the nearest full number of fullness and metabolism:

- If your *fullness* is no more than 1 box higher or lower than your *metabolism*, nothing changes.
- If your *fullness* is more than 2 or more boxes above your *metabolism*, gain progress to *weight* for each box in excess.
- If your *fullness* is more than 2 or more boxes below your *metabolism*, burn progress to *weight* for each box in deficit.



Debilities

A few new conditions and burdens have been added to give the new tracks a bit of extra mechanical gravitas.

New Conditions

- **Famished** may be marked when you reach 0 fullness. You are desperately hungry and need to eat to recover. The condition is only removed once you are at 3 or more fullness.
- **Stuffed** may be marked when your fullness track is greater than or equal to 3 + half of your weight track. You've eaten far too much and need to let your body digest. The condition is only removed once you are at 3 or less fullness.

As with all debilities, these conditions impact your max momentum and momentum reset. In addition, if you are famished or shaken, you will suffer additional penalties when rolling with Iron, Edge, or Shadow and also need to endure harm or stress if you continue down the path you're on.

- **If you are famished**, you take -1 any time you roll Iron for any physical action. Additionally, any time you would burn progress in fullness, you must *endure stress* or *endure harm*.
- **If you are stuffed**, you take -1 any time you roll Edge or Shadow for any physical action. Additionally, any time you would gain progress in fullness, you must *endure harm*. Finally, if your Health is less than or equal to 5-Iron, you cannot eat any more.

New Burdens

These new burdens define character fitness. They change as your character's weight changes. To note this, the burdens are added at certain levels of fitness. Encumbrance is determined by your character's fitness: average your Iron and Edge together and round down. Fitness has four escalating steps.

- **Hindered** is marked when your weight is greater than or equal to 4+Encumbrance.
- **Burdened** is marked additionally when your weight is greater than or equal to your Hindered weight +Encumbrance. Additionally, you take -1 almost any time you roll for a physical action unless your weight would be an asset narratively.
- **Obstructed** is marked additionally when your weight is greater than or equal to your Burdened weight +Encumbrance. Additionally, you take a further -1 almost any time you roll for a physical action unless your weight would be an asset narratively.
- **Immobilized** is marked additionally when your weight is greater than or equal to your Obstructed weight +Encumbrance. Additionally, you take a further -1 almost any time you roll for a physical action unless your weight would be an asset narratively.



Assets

This homebrew adds a handful of Paths and Rituals.

Paths

<p>PATH </p> <p>FEEDER</p> <ul style="list-style-type: none"> ● When you compel someone to eat something, add +1 and take +1 momentum on a hit. On a strong hit, they eat enough to gain +1 fullness due to your encouragement. If they need to endure harm, they add +1 unless you miss. ○ When someone you compel to eat becomes Stuffed, take +1 Spirit. When someone you compel to eat endures harm due to fullness, take +1 Spirit. ○ When you aid an ally that is Stuffed has a Fitness Burden, they negate all penalties due to their fullness or weight and instead add +1. 	<p>PATH </p> <p>HUNGERED MAGIC</p> <ul style="list-style-type: none"> ● You can cast prepared rituals quickly - when your sleep ends, prepare a number of rituals equal to 1+the number of upgrades this asset has. These rituals can be cast quickly by burning 8 fullness. ○ As above but if the ritual is a weak hit, instead burn 6 fullness. And if the ritual is a strong hit, only burn 4. ○ As above, but you can cast rituals quickly by burning 4 weight and suffering -2 health. 	<p>PATH </p> <p>IRON CHEF</p> <ul style="list-style-type: none"> ● When you prepare food you may suffer -1 supply. If you do, roll +wits or +heart. Add +1 if you share a bond with the person or group that you are cooking for. On a strong hit, the food is to their liking: it gives +2 fullness and leftovers let you take +1 supply. On a weak hit the food is sufficient and gives +1 fullness. On a miss, take the normal fullness of a meal, but there's something amiss. <i>Pay the Price.</i> ○ As above, and you may suffer -1 supply (after rolling) to double the taken fullness. ○ As above, and on a strong hit, those who partake of the food also choose one: <ul style="list-style-type: none"> • Take +1 health • Take +1 spirit
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<p>PATH </p> <p>GLUTTON</p> <p>If you are Stuffed...</p> <ul style="list-style-type: none"> ● When you become Stuffed, take +1 Spirit. Do the same when each time you gain an amount of fullness while Stuffed. ○ You have a +1 when you endure harm due to fullness. Additionally, you do not take -1 to Edge or Shadow for any physical action while Stuffed. ○ If you would gain fullness while your fullness is at 10, instead take +gluttony equal to the excess. When you sleep, you can choose to suffer -2 gluttony to take +1 Health or Spirit or suffer -3 gluttony to clear the shaken debility. If you have remaining gluttony, each point gains progress on weight. <table border="1" data-bbox="149 1541 563 1593"> <tr> <td>0</td> <td>+1</td> <td>+2</td> <td>+3</td> <td>+4</td> <td>+5</td> </tr> </table>	0	+1	+2	+3	+4	+5	<p>PATH </p> <p>IRON BUTCHER</p> <ul style="list-style-type: none"> ● When you resupply to scavenge supply off of a beast you have slain, add +1 and take +1 momentum on a hit. On a strong hit, mark encumbered and note below what type of creature has been butchered. This meat can turn into 3 supply or be used to cook a meal that would count double fullness. ○ The meat can turn into 5 supply. ○ When taking the meat, additionally write down a stat. If the meat is used to cook a meal, any who eat the meal add +1 when making moves with the related stat until they sleep. <div data-bbox="613 1497 1024 1593" style="border: 1px solid black; height: 46px; width: 253px;"></div>
0	+1	+2	+3	+4	+5		

Rituals

RITUAL	RITUAL
<p data-bbox="467 170 558 260"></p> <p data-bbox="147 226 280 254">BEFUDDLE</p> <ul data-bbox="147 275 565 680" style="list-style-type: none">○ When you have some totem belonging to a subject (not yourself), roll +shadow. On a strong hit, you affect their thought towards you, add +1 to Compel them in the next scene. On a weak hit, as above but only for the first move and then they snap out of it.○ On a strong hit, additionally immediately Forge a Bond with them and write it below as though you rolled a strong hit on Forge a Bond. If you roll a 1 on your action die when using this bond, the bond is broken. You may only have one such bond forged at a time.○ Add +2 to Compel them. <div data-bbox="147 680 565 783" style="border: 1px solid black; height: 49px; width: 257px;"></div>	<p data-bbox="930 170 1021 260"></p> <p data-bbox="610 226 841 254">DIVERGE ESSENCE</p> <ul data-bbox="610 275 1019 541" style="list-style-type: none">○ When you have a totem belonging to a subject, roll +wits. On a strong hit, you can change a character's metabolism for their next rest by +/-2. On a weak hit, as above but the modification is by +/-1. On an opportunity, this effect is permanent.○ As above, but can similarly effect capacity.○ As above but can similarly effect encumbrance.

Modified Ritual

Awakening adds one line of text to the filled ability: When you make a move to assault an obstacle through strength and add +2, you or the target may choose to have any harm dealt be gained as fullness instead.

