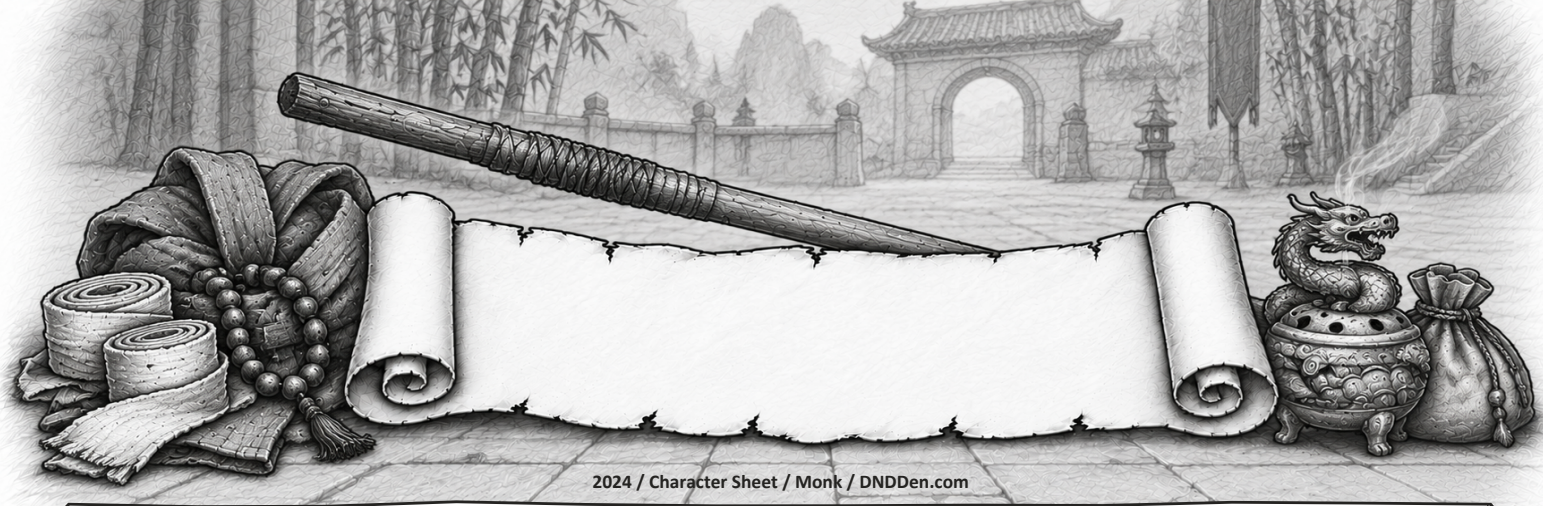




2024 / Character Sheet / Monk / DNDDen.com

CHARACTER NAME / ALIAS		SPECIES		BACKGROUND	
SUBCLASS (CHOOSE AT MONK 3)		MONK LV.	TOTAL LV.	PLAYER	XP / MILESTONE

STR	DEX	CON	INT	WIS	CHA
SCORE	SCORE	SCORE	SCORE	SCORE	SCORE
MOD	MOD	MOD	MOD	MOD	MOD
☐ SAVE	☐ SAVE	☐ SAVE	☐ SAVE	☐ SAVE	☐ SAVE

Skills & discipline

P	E	TOTAL	SKILL	
☐	☐		Acrobatics	DEX
☐	☐		Animal Handling	WIS
☐	☐		Arcana	INT
☐	☐		Athletics	STR
☐	☐		Deception	CHA
☐	☐		History	INT
☐	☐		Insight	WIS
☐	☐		Intimidation	CHA
☐	☐		Investigation	INT
☐	☐		Medicine	WIS
☐	☐		Nature	INT
☐	☐		Perception	WIS
☐	☐		Performance	CHA
☐	☐		Persuasion	CHA
☐	☐		Religion	INT
☐	☐		Sleight of Hand	DEX
☐	☐		Stealth	DEX
☐	☐		Survival	WIS

P = proficiency | E = Expertise (2 x PB)

☐ **PASSIVE PERCEPTION**

Armor, vitality & resolve

AC	INITIATIVE	SPEED	PROF. BONUS
MAX HP	CURRENT HP	TEMP HP	D8 REMAIN

DEATH SAVES	PASS	☐	☐	☐	☐ HEROIC INSPIRATION
	FAIL	☐	☐	☐	Immediately after rolling a die, spend to reroll that die. You must use the new roll.

Unarmed strikes & Monk weapons

NAME	HIT / SAVE	DAMAGE / TYPE	REACH / RANGE

Monk weapons: Simple Melee; Martial Melee with Light. Details: page 2.

Languages & tools

Focus & flowing motion

FOCUS / LEFT / MAX	MARTIAL ARTS DIE	FOCUS SAVE DC	GRAPPLE / SHOVE DC
☐ UNCANNY METABOLISM USED / RESETS ON LONG REST			
Focus DC = 8 + WIS mod + PB. Grapple/Shove DC = 8 + STR mod (or DEX mod with Martial Arts) + PB. Recovery and upgrades: page 2.			

THE ART OF INNER STRENGTH

Use Monk level for class features. Focus Points = FP; Short Rest = SR; Long Rest = LR.

Martial Arts / Lv. 1

Benefits apply while **unarmed or wielding only Monk weapons**, with **no armor or Shield**. Monk weapons: Simple Melee weapons and Martial Melee weapons with the Light property.

Make **one Unarmed Strike as a Bonus Action**. Use your Martial Arts die instead of normal Unarmed Strike or Monk weapon damage. You may use **DEX instead of STR** for their attacks and damage, and for your Unarmed Strike Grapple/Shove save DC.

Unarmored Defense: base AC = **10 + DEX mod + WIS mod** with no armor or Shield.

Monk's Focus / Lv. 2

Each option takes **one Bonus Action**.

Flurry of Blows / 1 FP: 2 Unarmed Strikes; **3 strikes at Lv. 10**.

Patient Defense: Disengage free; or **1 FP** for Disengage + Dodge. At Lv. 10, spending the point also grants Temp HP = **2 Martial Arts dice**.

Step of the Wind: Dash free; or **1 FP** for Dash + Disengage and doubled jump distance this turn.

Lv. 10: when spending FP on Step of the Wind, carry a willing Large or smaller creature within 5 ft. with you this turn; its movement provokes no Opportunity Attacks.

Deflect & flow with danger

Lv. 3 / Deflect Attacks. Reaction when an attack roll hits you and includes Bludgeoning, Piercing or Slashing damage: reduce its **total damage** by **1d10 + DEX mod + Monk level**.

If reduced to 0, spend **1 FP** to redirect. Choose a visible creature within **5 ft.** for a melee attack, or within **60 ft.** and not behind Total Cover for a ranged attack. It makes a **DEX save against your Focus DC**; on failure, damage = **2 Martial Arts dice + DEX mod**, of the attack's damage type.

Lv. 13 / Deflect Energy: any attack damage type.

Lv. 4 / Slow Fall: Reaction when falling; reduce fall damage by **5 x Monk level**.

Strike precisely, evade harm

Lv. 5 / Extra Attack: 2 attacks when you take the Attack action on your turn.

Stunning Strike / 1 FP: once per turn, on hitting a creature with a Monk weapon or Unarmed Strike. Target makes a **CON save vs.**

Focus DC. Failure: Stunned until the **start of your next turn**. Success: its Speed is halved until then, and the next attack roll against it before then has Advantage.

Lv. 6 / Empowered Strikes: your Unarmed Strike damage may be Force or its normal type.

Lv. 7 / Evasion: on DEX saves for half damage, take none on success, half on failure. No benefit while Incapacitated.

Recover your center

Lv. 2 / Focus recovery. Maximum FP equals Monk level. Regain **all spent FP after a SR or LR**. Focus save DC = **8 + WIS mod + PB**.

Uncanny Metabolism / once per LR: when rolling Initiative, regain **all spent FP** and heal **Monk level + one Martial Arts die**.

Lv. 15 / Perfect Focus: on Initiative, if you don't use Uncanny Metabolism and have fewer than 4 FP, restore to **4 FP**.

Lv. 2 / Unarmored Movement: add the Speed bonus on page 4 with no armor or Shield.

Lv. 9 / Acrobatic Movement: under those same conditions, move along vertical surfaces and across liquids **on your turn** without falling during the movement.

Body, mind & mastery

Lv. 10 / Self-Restoration: at each turn's end, remove **one** of Charmed, Frightened or Poisoned from yourself. Forgoing food and drink causes you no Exhaustion.

Lv. 14 / Disciplined Survivor: proficiency in **all saving throws**. After failing a save, spend **1 FP** to reroll; use the new roll.

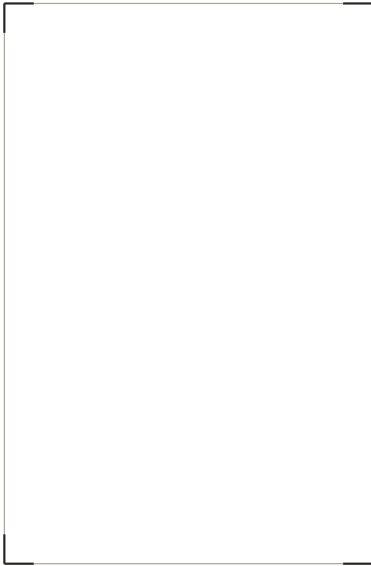
Lv. 18 / Superior Defense: at your turn's start, spend **3 FP** for Resistance to all damage except Force for **1 minute**; ends if Incapacitated.

Lv. 20 / Body and Mind: increase DEX and WIS scores by **4 each**, to a maximum of **25**.

THE STILLWATER DOSSIER

Your training, your allies, your story. Fill the fields that apply to your character.

Portrait



CHARACTER PORTRAIT

The person behind the discipline

APPEARANCE / DISTINGUISHING MARKS

PERSONALITY / AMBITION / IDEAL

BOND / FLAW / SECRET

Teachers, companions & unfinished journeys

Subclass & chosen talents

Subclass features arrive at Monk 3, 6, 11 and 17.

LEVEL 3 / FEATURE / USES

LEVEL 6 / FEATURE / USES

LEVEL 11 / FEATURE / USES

LEVEL 17 / FEATURE / USES

Feats, origins & resources

CONDITIONS / ONGOING EFFECTS

Your techniques & traditions

TECHNIQUE / COST / ACTION / EFFECT 1

TECHNIQUE / COST / ACTION / EFFECT 2

TECHNIQUE / COST / ACTION / EFFECT 3

TECHNIQUE / COST / ACTION / EFFECT 4

Record only techniques your chosen features grant.

Gear, coin & spoils

CP

SP

EP

GP

PP

ATTUNED MAGIC ITEMS (DEFAULT LIMIT: 3)

A LIFETIME OF DISCIPLINE

Progression, character creation and a quick reference for your next move.

From first lesson to perfect balance

LV.	PB	MA DIE	FP	SPEED +	FEATURE / CHOICE
1	+2	1d6	-	-	Martial Arts; Unarmored Defense
2	+2	1d6	2	10 ft.	Focus; movement; Uncanny Metabolism
3	+2	1d6	3	10 ft.	Deflect Attacks; subclass
4	+2	1d6	4	10 ft.	ASI / eligible feat; Slow Fall
5	+3	1d8	5	10 ft.	Extra Attack; Stunning Strike
6	+3	1d8	6	15 ft.	Empowered Strikes; subclass feature
7	+3	1d8	7	15 ft.	Evasion
8	+3	1d8	8	15 ft.	ASI / eligible feat
9	+4	1d8	9	15 ft.	Acrobatic Movement
10	+4	1d8	10	20 ft.	Heightened Focus; Self-Restoration
11	+4	1d10	11	20 ft.	Subclass feature
12	+4	1d10	12	20 ft.	ASI / eligible feat
13	+5	1d10	13	20 ft.	Deflect Energy
14	+5	1d10	14	25 ft.	Disciplined Survivor
15	+5	1d10	15	25 ft.	Perfect Focus
16	+5	1d10	16	25 ft.	ASI / eligible feat
17	+6	1d12	17	25 ft.	Subclass feature
18	+6	1d12	18	30 ft.	Superior Defense
19	+6	1d12	19	30 ft.	Epic Boon / eligible feat
20	+6	1d12	20	30 ft.	Body and Mind

MA = Martial Arts; FP = maximum Focus Points. Speed bonus requires no armor or Shield. PB uses total character level; other columns use Monk level. ASI choices occur at 4, 8, 12 and 16.

Begin your journey

First class: Monk. DEX and WIS are your primary abilities. D8 Hit Point Die; STR and DEX save proficiency. Simple weapons and Martial weapons with Light. **No armor training.**

Choose **2 skills**: Acrobatics, Athletics, History, Insight, Religion or Stealth. Choose **one Artisan's Tool or Musical Instrument** proficiency.

Character level 1 HP: **8 + CON mod.** Later Monk levels: **1d8 (or 5) + CON mod**, minimum 1.

Starting gear: Spear, 5 Daggers, your chosen Artisan's Tools or Musical Instrument, Explorer's Pack and 11 GP; **or 50 GP.** Background gear is separate.

Multiclass entry: DEX 13+ and WIS 13+, plus other classes' prerequisites. Gain the Monk Hit Point Die and level 1 features. No automatic weapon, tool, skill or save proficiencies, armor training or starting gear.

Unarmed Strike / choose an effect

Damage: melee attack, normally 1 + STR mod Bludgeoning. Martial Arts can replace the die and ability as described on page 2.

Grapple: one free hand; target within reach and no more than one size larger. Target makes STR or DEX save (its choice); failure: Grappled.

Shove: same reach and size limit. Target makes STR or DEX save (its choice); failure: push 5 ft. away or knock Prone.

Grapple/Shove DC = **8 + STR mod + PB**; Martial Arts allows DEX instead of STR. These effects use a save, not an attack roll.

One turn, deliberate choices

Normally **one action, one Bonus Action** and movement on your turn. You can split movement between attacks. Only one Bonus Action option unless a feature says otherwise.

After using your **Reaction**, you regain it at the start of your next turn. Deflect Attacks and Slow Fall compete for that Reaction. Temporary HP **do not stack**; choose which pool to keep. Monk grants no Weapon Mastery.

Rules: SRD 5.2.1, pp. 49-52 and rules glossary.