

# Energy

## Contents

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- [Overview](#)
- [Gaining Energy](#)
- [Using Energy](#)
- [Losing Energy](#)

## Overview

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Energy is the most important and the most limited resource. Energy can be used to perform many different activities throughout the game. Most tasks that require energy give a hidden XP reward.

## Gaining Energy

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If you have [Donator Status](#), your energy will replenish at a rate of 10 per 15 minutes, up to your natural maximum of 150, meaning it will fill to its natural maximum within about 3.5 hours.

For players without [Donator Status](#), energy will replenish at a rate of 5 per 10 minutes, up to your natural maximum of 100, meaning it will fill to its natural maximum within about 3.75 hours.

There are several additional ways to gain energy:

- The [Drugs Xanax](#) and **LSD** provides 250 energy and 50 energy respectively, assuming you don't overdose.
- Energy drinks can be used and provide between 10 and 35 energy. These are more costly than Xanax, and have a 2 hour cooldown.
- Purchase an Energy Refill via the Points Store for 25 points. Cooldown resets at midnight

The maximum energy obtainable at any given time is 1,000. You are not able to pass this limit, even with the assistance of [Drugs](#).

# Using Energy

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There are limited ways to spend your energy currently, these options will expand in the future.

- You can train your [Battle Stats](#) in the [Gym](#). Each train varies between 5 - 20 energy per train.
- You can [Attack](#) another player. Each attack costs 25 energy.

# Losing Energy

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There are limited ways to lose your energy. These scenarios will expand in the future.

- [Overdosing](#) on drugs will cause your energy to be completely emptied.

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