

# SANITY TRACKER

INVESTIGATOR SANITY LOSS  
TO THE MYTHOS HORRORS



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# CREDITS

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## **Sanity Tracker**

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# SANITY TRACKER

“We live on a placid island of ignorance in the midst of black seas of infinity, and it was not meant that we should voyage far.”

– H.P. Lovecraft, *The Call of Cthulhu*

## INTRODUCTION

*Call of Cthulhu* is a game of cosmic horror where intrepid investigators pit themselves against entities and powers that literally shred the fragile sanity of the mere humans who face them.



Yet despite this inexorable descent into madness, there are times when the horrors faced lessen a little as the investigators start ‘getting used to the awfulness’ – see *Call of Cthulhu Rulebook* (7th Edition) page 169. Essentially when an investigator has seen a horror to its full extent – assuming they don’t lose their sanity altogether – then additional instances of the same horrors do not impact their sanity any further.

“For instance, no investigator could lose more than 6 Sanity points for encountering deep ones (0/1D6 SAN), even if a hundred of them were to be seen at once.”

## SANITY TRACKER SHEETS

Tracking an investigator’s sanity is straightforward enough using the standard investigator character sheets. However, this does not track the cumulative number of Sanity points lost to any specific entity or situation the investigators may encounter.

Therefore to make this tracking easier this supplement has *Sanity Tracker* sheets intended to simplify recording the loss of sanity to any given type of Mythos entity or horrific situation.

Two versions of the sheets for 1920s and modern era investigators are included.

- 1920s era investigator – plain background.
- 1920s era investigator – parchment background.
- Modern era investigator – plain background.
- Modern era investigator – graphpaper background.

The entries on the sanity tracker sheets are grouped in the same way as the Mythos entities in *Chapter 14: Monsters, Beasts, and Alien Gods* of the *Call of Cthulhu Rulebook* (7th Edition). Additionally a number of sanity losses from *Chapter 8: Sanity* page 155 are listed.

1. Mythos Monsters.
2. Deities of the Mythos.
3. Traditional Horrors.
4. Other Horrors.

Several blank entries have also been provided for you to track further horrors that your investigators may come across.





# 1920s ERA INVESTIGATOR



NAME: \_\_\_\_\_

Mythos Monsters	Sanity Lost
Byakhee	_____
Chthonians	_____
Colours Out of Space	_____
Crawling One	_____
Dagon	_____
Hydra	_____
Dark Young	_____
Deep One	_____
Deep One Hybrid	_____
Dhole	_____
Dimensional Shambler	_____
Elder Thing	_____
Fire Vampire	_____
Flying Polyp	_____
Formless Spawn	_____
Ghast	_____
Ghoul	_____
Gla'aki, Servant of	_____
Gnoph-Keh	_____
Great Race of Yith	_____
Hounds of Tindalos	_____
Hunting Horror	_____
Lloigor	_____
Mi-Go, the Fungi from Yuggoth	_____
Nightgaunt	_____
Rat-Thing	_____
Sand-Dweller	_____
Serpent People	_____
Servitor of the Outer Gods	_____
Shaggai, Insects from	_____
Shantak	_____
Shoggoth	_____
Shoggoth Lord	_____
Star-Spawn of Cthulhu	_____
Star Vampire	_____
Tcho-Tcho	_____

Deities of the Mythos	Sanity Lost
Abboth	_____
Atlach-Nacha	_____

Azathoth	_____
Bast	_____
Chaugnar Faugn	_____
Cthugha	_____
Great Cthulhu	_____
Cyaegha	_____
Daoloth	_____
Eihort	_____
Ghatanothoa	_____
Gla'aki	_____
Hastur the Unnameable	_____
Ithaqua	_____
King in Yellow, Avatar of Hastur	_____
Nyarlahotep	_____
Nyogtha	_____
Rhan-Tegoth	_____
Shub-Niggurath	_____
Shudde M'ell	_____
Tsathoggua	_____
Tulzscha	_____
Ubbo-Sathla	_____
Ubbo-Sathla, Spawn of	_____
Y'gonolac	_____
Yibb-Tstill	_____
Yig	_____
Yog-Sothoth	_____
Zoth-Ommog	_____

Traditional Horrors	Sanity Lost
Ghost	_____
Mummy	_____
Skeleton, human	_____
Vampire	_____
Werewolf	_____
Zombie	_____

Other Horrors	Sanity Lost
Mangled animal carcass	_____
Corpse or body part	_____
Mangled human corpse	_____
Witness a friend's violent death	_____
Meet someone you know to be dead	_____
Undergo severe torture	_____

\_\_\_\_\_

\_\_\_\_\_

**MODERN ERA INVESTIGATOR**

Name: \_\_\_\_\_



Mythos Monsters	Sanity Lost		
Byakhee	_____	Azathoth	_____
Chthonians	_____	Bast	_____
Colours Out of Space	_____	Chaugnar Faugn	_____
Crawling One	_____	Cthugha	_____
Dagon	_____	Great Cthulhu	_____
Hydra	_____	Cyaegha	_____
Dark Young	_____	Daoloth	_____
Deep One	_____	Eihort	_____
Deep One Hybrid	_____	Ghatanothoa	_____
Dhole	_____	Gla'aki	_____
Dimensional Shambler	_____	Hastur the Unnameable	_____
Elder Thing	_____	Ithaqua	_____
Fire Vampire	_____	King in Yellow, Avatar of Hastur	_____
Flying Polyp	_____	Nyarlahotep	_____
Formless Spawn	_____	Nyogtha	_____
Ghast	_____	Rhan-Tegoth	_____
Ghoul	_____	Shub-Niggurath	_____
Gla'aki, Servant of	_____	Shudde M'ell	_____
Gnoph-Keh	_____	Tsathoggua	_____
Great Race of Yith	_____	Tulzscha	_____
Hounds of Tindalos	_____	Ubbo-Sathla	_____
Hunting Horror	_____	Ubbo-Sathla, Spawn of	_____
Lloigor	_____	Y'gonolac	_____
Mi-Go, the Fungi from Yuggoth	_____	Yibb-Tstill	_____
Nightgaunt	_____	Yig	_____
Rat-Thing	_____	Yog-Sothoth	_____
Sand-Dweller	_____	Zoth-Ommog	_____
Serpent People	_____		
Servitor of the Outer Gods	_____	<b>Traditional Horrors</b>	<b>Sanity Lost</b>
Shaggai, Insects from	_____	Ghost	_____
Shantak	_____	Mummy	_____
Shoggoth	_____	Skeleton, human	_____
Shoggoth Lord	_____	Vampire	_____
Star-Spawn of Cthulhu	_____	Werewolf	_____
Star Vampire	_____	Zombie	_____
Tcho-Tcho	_____		
		<b>Other Horrors</b>	<b>Sanity Lost</b>
		Mangled animal carcass	_____
		Corpse or body part	_____
		Mangled human corpse	_____
		Witness a friend's violent death	_____
		Meet someone you know to be dead	_____
		Undergo severe torture	_____
		_____	_____
		_____	_____
		_____	_____

**Deities of the Mythos**

**Sanity Lost**

Abhoth \_\_\_\_\_

Atlach-Nacha \_\_\_\_\_

**MODERN ERA INVESTIGATOR**

Name: \_\_\_\_\_



Mythos Monsters	Sanity Lost		Sanity Lost
Byakhee	_____	Azathoth	_____
Chthonians	_____	Bast	_____
Colours Out of Space	_____	Chaugnar Faugn	_____
Crawling One	_____	Cthugha	_____
Dagon	_____	Great Cthulhu	_____
Hydra	_____	Cyaegha	_____
Dark Young	_____	Daoloth	_____
Deep One	_____	Eihort	_____
Deep One Hybrid	_____	Ghatanothoa	_____
Dhole	_____	Gla'aki	_____
Dimensional Shambler	_____	Hastur the Unnameable	_____
Elder Thing	_____	Ithaqua	_____
Fire Vampire	_____	King in Yellow, Avatar of Hastur	_____
Flying Polyp	_____	Nyarlathept	_____
Formless Spawn	_____	Nyogtha	_____
Ghast	_____	Rhan-Tegoth	_____
Ghoul	_____	Shub-Niggurath	_____
Gla'aki, Servant of	_____	Shudde M'ell	_____
Gnoph-Keh	_____	Tsathoggua	_____
Great Race of Yith	_____	Tulzscha	_____
Hounds of Tindalos	_____	Ubbo-Sathla	_____
Hunting Horror	_____	Ubbo-Sathla, Spawn of	_____
Lloigor	_____	Y'gonolac	_____
Mi-Go, the Fungi from Yuggoth	_____	Yibb-Tstill	_____
Nightgaunt	_____	Yig	_____
Rat-Thing	_____	Yog-Sothoth	_____
Sand-Dweller	_____	Zoth-Ommog	_____
Serpent People	_____		
Servitor of the Outer Gods	_____	<b>Traditional Horrors</b>	<b>Sanity Lost</b>
Shaggai, Insects from	_____	Ghost	_____
Shantak	_____	Mummy	_____
Shoggoth	_____	Skeleton, human	_____
Shoggoth Lord	_____	Vampire	_____
Star-Spawn of Cthulhu	_____	Werewolf	_____
Star Vampire	_____	Zombie	_____
Tcho-Tcho	_____		
		<b>Other Horrors</b>	<b>Sanity Lost</b>
<b>Deities of the Mythos</b>	<b>Sanity Lost</b>	Mangled animal carcass	_____
Abboth	_____	Corpse or body part	_____
Atlach-Nacha	_____	Mangled human corpse	_____
		Witness a friend's violent death	_____
		Meet someone you know to be dead	_____
		Undergo severe torture	_____
		_____	_____
		_____	_____



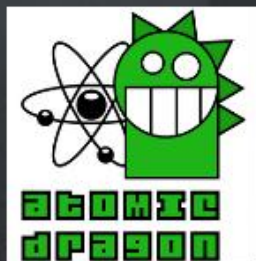
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Therefore to make this tracking easier this supplement has Sanity Tracker sheets intended to simplify recording the loss of sanity to any given type of Mythos entity or horrific situation.



**1920s ERA INVESTIGATOR**

NAME: \_\_\_\_\_

Mythos Monsters	Sanity Lost	Azurth	_____
Hyekker	_____	Bot	_____
Chthonian	_____	Claspur Fungus	_____
Colors Out of Space	_____	Ckghu	_____
Crawling One	_____	Gea Cithlis	_____
Dagon	_____	Creghu	_____
Hyds	_____	Dalok	_____
Dark Young	_____	Edot	_____
Deep One	_____	Gastathos	_____
Deep One Hybrid	_____	G'aki	_____
Dhaz	_____	Hate the Unsanable	_____
Dimensional Shambler	_____	Idaru	_____
Elder Thing	_____	King in Yellow, Avatar of Horror	_____
Fire Vampire	_____	Nyarlatotep	_____
Flying Polyp	_____	Nyghu	_____
Furthest Spore	_____	Bhan-Tegoth	_____
Ghan	_____	Sleth-Niggath	_____
Ghou	_____	Sleth-M'el	_____
G'aki, Servant of	_____	Tarlogga	_____
Geoph-Kah	_____	Talochu	_____
Great Race of Yith	_____	Utho-Sathu	_____
House of Tardos	_____	Utho-Sathu, Spore of	_____
Hunting Horror	_____	Y'gorath	_____
Lugor	_____	Y'ho-Tel	_____
Mi-Go, the Frog from Yggoth	_____	Yg	_____
Nightgaunt	_____	Yog-Sothoth	_____
Rai-Tsang	_____	Zoth-Othoug	_____
Sand-Dweller	_____		_____
Serpent People	_____	Traditional Horrors	Sanity Lost
Servant of the Outer Gods	_____	Ques	_____
Shoggoth, lesser form	_____	Morano	_____
Shastak	_____	Sidana, human	_____
Shoggoth	_____	Vampyr	_____
Shoggoth Lord	_____	Wormoll	_____
Star-Spore of Cithlis	_____	Zombu	_____
Star Vampire	_____		_____
Toku-Toku	_____	Other Horrors	Sanity Lost
	_____	Mangled animal carcass	_____
	_____	Corpse or body part	_____
	_____	Mangled human corpse	_____
	_____	Witness a friend's violent death	_____
	_____	Meet someone you know to be dead	_____
	_____	Undergo severe torture	_____
Deities of the Mythos	Sanity Lost		_____
Azurth	_____		_____
Atch-Nacho	_____		_____