

Neutral	Battling	Using Call	Walking (256 steps)	Day Care (Colo.)	Purify Chamber (XD)	Scents
Bashful	-50/-80	-300/-270	-75/-90	-450	-330	-200/-130
Docile	-75/-100	-600/-360	-100/-80	-225	-270	-100/-120
Hardy	-150/-110	-300/-300	-150/-100	-150	-240	-100/-90
Quirky	-200/-130	-225/-270	-50/-80	-600	-360	-75/-90
Serious	-100/-100	-450/-330	-100/-110	-300	-300	-75/-90
<b>Attack</b>						
Adamant (-Sp. Att.)	-150/-110	-225/-270	-150/-110	-300	-300	-75/-80
Brave (-Spe.)	-200/-130	-225/-270	-150/-90	-225	-270	-75/-80
Lonely (-Def.)	-50/-70	-450/-330	-150/-100	-150	-240	-200/-130
Naughty (Sp. Def.)	-150/-120	-225/-270	-200/-110	-225	-270	-75/-70
<b>Defense</b>						
Bold (-Att.)	-150/-110	-225/-270	-200/-90	-300	-300	-50/-100
Impish (-Sp. Att.)	-200/-120	-300/-300	-150/-100	-150	-240	-75/-80
Lax(-Sp. Def)	-100/-100	-225/-270	-150/-90	-225	-270	-150/-110
Relaxed (-Spe.)	-75/-90	-225/-270	-75/-110	-600	-360	-150/-100
<b>Sp. Attack</b>						
Mild (-Def)	-75/-80	-225/-270	-75/-100	-450	-330	-200/-120
Modest (-Att.)	-75/-70	-300/-300	-75/-120	-600	-360	-100/-110
Quiet (-Spe.)	-100/-100	-300/-300	-100/-100	-300	-300	-100/-100
Rash (-Sp. Def)	-75/-90	-300/-300	-100/-90	-300	-300	-150/-120
<b>Sp. Defense</b>						
Calm (-Att.)	-50/-80	-300/-300	-100/-110	-450	-330	-150/-110
Careful (-Sp. Att.)	-75/-90	-300/-300	-75/-100	-450	-330	-150/-110
Gentle (-Def.)	-50/-70	-300/-300	-75/-100	-600	-330	-150/-100
Sassy (-Spe.)	-200/-130	-150/-240	-150/-100	-225	-300	-100/-90
<b>Speed</b>						
Hasty (-Def)	-200/-130	-300/-300	-75/-70	-150	-240	-150/-100
Jolly (-Sp. Att)	-150/-120	-300/-300	-100/-90	-150	-240	-150/-90
Naive (-Sp. Def)	-100/-100	-300/-300	-150/-120	-225	-270	-100/-80
Timid (-Att.)	-50/-70	-450/-330	-50/-110	-600	-360	-150/-120
*Info [1]						

[1]

1st set of letters = Colosseum

2nd set of letters = XD