

Commitment #2022-1

QSD

January 25, 2022

QSD solemnly affirms that the era of his weight losing has come. His obesity has arrived beyond the line of tolerableness, hence actions must be taken to revert the current situation, especially given the concern of his lack of attractiveness and eo ipso girlfriend.

The dawn of this new era brings about the following commitments:

Commitments

- A strict prohibition on any intake of non-formal dessert
- A strict prohibition on any intake of fruit tea and milk tea
- A strict prohibition on any intake of ice-cream
- A strict prohibition on any intake of chocolate/candies/biscuits/cakes, with an exemption of a pack of *Oreo* every fortnight
- A strict prohibition on any intake of chips and crisps
- A strict prohibition on *KFC*
- A strict prohibition on any non-liquid intake between 10pm and 6am
- A restriction on *Kebab* to salad
- A restriction on coffee to Americano, with an exemption of a cup of latte every week
- A restriction on soft drink to diet coke
- A restriction on *McDonald's* to £5 per purchase
- A restriction on *Burger King* to one burger per purchase
- A restriction of amount on *Tesco's Mango Pack* to three per day

The ramifications of any violation to these commitments will be categorised in three levels:

Ramifications

1. (Low) Any illegal purchase will be fined 5 times to both Lucy and Justin.
2. (Medium) Any successive violations within a day will lead to a confession letter of 800 words.
3. (High) Any 5 consecutive violations within a week will lead to a self portrait of his belly to *Prof. J. Carrillo* via university email.

This commitment stays valid until the end of **Hilary Term**.

QSDQSB