

# Commitment #2023-2

**QSD**, the **obligor**, with **Party B**, the **supervisor**

October 9, 2023

QSD's body figure has deteriorated to the point of utter self-loathing and humiliation. A desperate plan to address his beer belly is of top priority.

With unprecedented resoluteness, QSD solemnly commits to:

- perform HIIT for 15min everyday
- participate in gym's Cycle class at least two times a week
- prohibit any intake of sugar-contained liquid, except for oat Americano.
- refrain from ordering delivery for himself alone.
- opt for sandwiches, M&S salmon and salads as meals whenever possible

QSD should report his daily status to *Party B*. Any violation will result in a £10 penalty.

This commitment stays valid until the end of the Michaelmas term.

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**QSDQSB**

This journey is expected to be protracted and excruciating so help me god.