

# Commitment #2025-1

QSD, with his apparent oversized belly

July 24, 2025

Utterly benumbed by post-univ life while alarmingly spoiled by Singapore's sumptuous Asian fare, QSD found himself idling with no achievement, only burgeoning *love handles*.

***love handles***: the layer of **fat** around the middle of a person's body (Cambridge Dict.)

Prospering in flesh but not in virtue, QSD concedes the symbiosis of work and Singaporean gastronomy has taken its toll. Thus so, not entirely unprovoked, but *ex nihilo*, he resolves to start a 12-week weight-loss initiative. The following solemn commitments are henceforth enacted, as of today.

## Commitments

1. QSD shall abstain from all sugary indulgences. Chocolates (regardless of origin, office or otherwise), milk tea, bottled beverages (unless under 30 kcal per serving) and snacks are strictly prohibited, with the exception being nuts and seaweed.
2. Fast food is limited to one McDonald's visit per week, with corn as the only permissible side. Junk food is renounced *centum per centum*.
3. Carbohydrates, such as rice and noodles, are ideally condemned. Dishes drenched in oil, particularly from a certain country's cuisine, shall be eschewed. Leniency to this item may be considered during get-together occasions.
4. QSD should avoid delivery orders when possible. In exceptions granted *in extremis*, only bentos and salad boxes shall *pass muster*.
5. During office hours, QSD is encouraged to do pick-ups, to earn not just calories, but steps and dollars!

On any date of transgression, QSD shall visit the office pantry as frequently as possible the following workday, and there exercise maximal sociability — greeting, networking and showcasing without reserve - to anyone he encounters. A public penance, of sorts.

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QSDQSB