

Bryan's Q2 Goals

AGREEMENT BETWEEN BRYAN LIM, [REDACTED] AND [REDACTED]
EFFECTIVE APRIL 21, 2019

Bryan's #1 objective for Q2 of 2019 is to start eating correctly so he feels better, looks better and is able to hit his weight goal of 73kg.

Bryan wants to work towards this weight goal in two phases:

- Phase #1: Find effective strategy to kick the night snack habit
- Phase #2: Adopt a lifestyle change of healthy eating and active living.

Below are the specific objectives, consequences, and accountability mechanisms for Q1:

OBJECTIVE

Details of Bryan's specific Q1 objectives are as follows.

- Write down all food that he consumes each day and weigh himself each day
- The food log must be completed by 9am of the day after.
- The weigh-in can happen at any point during the day (optimally first thing in the morning).
- 13 hours fast from 8pm – 9am.
- Not entering the kitchen after 8pm.

If Bryan doesn't do these two items then the following consequence will be enforced:

CONSEQUENCE

Details of Bryan's specific Q1 consequences are as follows.

- He will have send [REDACTED] US\$50 (via Paypal) & [REDACTED] US\$50 (via Paylah)
- If he snack 2 days in a row, he will send [REDACTED] an additional of US\$50 (via Paypal) & [REDACTED] an additional of US\$50 (via Paylah)

To hold Bryan accountable he will report to the following...

ACCOUNTABILITY

Bryan will be held accountable by the following means.

- He will update Airtable everyday
(<https://airtable.com/invite/l?inviteId=inv2ybimViffkQqFu&inviteToken=df6ba9cf9ca65db1d737dee025d2a8f6816ee17ddaab3c7087bcb1e9b6001699>)
- He will also give ██████; \$100 (via Paypal) to use as he sees fit if he misses one day of logging food & weight.

To reinforce these habit, Bryan will reward himself the following...

REWARD

If he weights 0.5kg less than previous week,

- he will get to have 5 items for his cheat day.

If he did not weight 0.5kg less than previous week,

- he will get to have 2 items for his cheat day.

If he weights below 75kg,

- He will get to go for a buffet of his choice.

If he weights below 75kg (for 4 consecutive week),

- He will buy a grey Minaal Carry-on backpack.

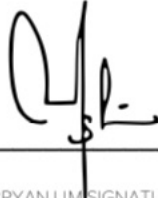
If he weights below 73kg,

- He will get to visit Israel for one month.

If he weights below 73kg (for 8 consecutive week),

- He will get to rent his own room for 3 months in Singapore.

The signatures below indicate Bryan's commitment to hitting these daily objectives and [redacted] and [redacted]'s commitment to support and hold Bryan accountable.



BRYAN LIM SIGNATURE



[redacted] SIGNATURE



[redacted] SIGNATURE