

# Commitment #2025-2

## QSD & QSB

October 27, 2025

After quite a few years of exhaustion and self-discovery, QSD has convinced himself of his most pressing deficit (among the curable ones): his *ventricōsus* body, or in medical terms, visceral fat.

***ventricōsus***: [Latin] *pot-bellied; having a distended or protuberant abdomen.*

Given his inappetence for food and ineptness in partaking in interesting activities near the Malacca Strait, QSD finds it *whatever, why not* to resolve his adipocyte issue in perpetuity. Luckily, he is receiving the kindest and the most scientifically accurate guidance from his dear friends, *zzh*, and *Ivan Bliminse*. Bathed in their wisdom, QSD arrives at the following sustainable and unwavering commitments to be carried out over the next 6 months:

### Commitments

1. For any intake  $>0 \text{ kcal}/100g$ , QSD should track or estimate its energy and nutrition information and record in **Mint Health** app within 24 hours.
2. QSD should aim to stay within the app's daily calorie ceiling ( $\approx 1700 \text{ kcal}$ ), and never surpass by 200 kcal.
3. When making an independent meal decision of unknown calories, QSD should always estimate the nutrition before making the purchase.
4. Other than the app recommendation, QSD should digest extra protein and preferably 20%-40% less carbohydrates.
5. QSD should follow his friends' suggestions for exercises, currently focusing on **resistance**. He should prioritise muscle training when his body is not sour.
6. QSD should never open a video or game between 01:30AM and 07:00AM.
7. QSD should still follow the principles of COMMITMENT #2025-1, *opportūnē*.

QSD imposes no penalty for any violation. There should be at least a trace of existentialism (absurdism?) in his soul, judging from his long history of making commitments and orienting himself towards a purpose. After all, what achievement can one attain if one cannot abide by one's own pledges?

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