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# **Cultivated Code of Conduct**

## **v2.2.1**

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This document has been superseded by  
CCC v\_\_\_\_ on \_\_\_\_/\_\_\_\_/\_\_\_\_ (DD/MM/YYYY).

Signature: \_\_\_\_\_

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I, Akim [REDACTED], hereby commit to the following Cultivated Code of Conduct (hereinafter referred to as the "**CCC**"), and pledge my sincere intention to adhere to the principles, standards, and rules set forth herein.

I affirm my responsibility to uphold the standards and rules embodied in the CCC to the best of my ability, and to conduct myself in a manner consistent with these provisions.

I recognize that the CCC is a living document, subject to change and growth as I see fit, and I pledge to regularly revisit, update and adapt these commitments according to my evolving principles and understanding.

I acknowledge that my failure to abide by these rules and standards may result in self-imposed penalties or actions, and I accept responsibility for these consequences.

# **1 Lifestyle**

## **1.1 Physical Activity**

The amount of physical activity is measured in **training sessions**. The definition of a training session varies depending on the type, duration, and intensity of the physical activity undertaken, thus one training session may be equivalent to a moderately intense 45-minute workout at a conventional gym, as well as a moderately intense 90-minute exercise at a bouldering gym. Ultimately, the determination of what constitutes a training session is left to my discretion, guided by the specific context and my reasoned judgement.

The average number of training sessions per week in each calendar month must remain at or above two and one-half. Equivalently, a minimum of 10 training sessions must be conducted per calendar month. However, this requirement may be waived under exceptional circumstances, such as physical incapacity due to illness, injury, or similar conditions..

## **1.2 Diet**

The long-term dietary regimen must adhere to principles of healthfulness and balance. As a general guideline, the dietary recommendations established by the NHS should be used as a reference.

The consumption of products high in unhealthy fats and added sugars must be minimized. Food sourced from major fast food chains, such as McDonald's, Burger King, KFC, and similar establishments, must not exceed two days per calendar week. The daily intake of added sugars must not, on average, exceed the recommendation of 30 grams as set forth by the NHS. These requirements, while binding, are subject to occasional exceptions, provided they are within reasonable limits.

### 1.3 Phone Screen Time

Active phone screen time must remain at or below six hours per day, unless I justifiably deem it absolutely necessary to exceed this limitation.

## 2 Leisure Time

### 2.1 Video Content Consumption

Limitations on the time dedicated to consuming long-form video content in solitary setting differ in accordance with the type of content being watched:

1. **Videos on the YouTube platform** must not be consumed for more than 50 consecutive minutes, unless the video itself is longer than the limit. In this case it must be re-categorized accordingly.
2. The number of **episodes in a series** that may be viewed consecutively is limited to three for episodes with a duration not exceeding 25 minutes, and to two for episodes with a duration not exceeding 50 minutes. Episodes lasting for 50 minutes or more may not be viewed for more than 90 consecutive minutes.
3. The viewing of **cinematographic works** exceeding 80 minutes in duration is permissible, so long as it does not serve as a means to procrastinate.
4. **Practical educational content**, including but not limited to video recordings of lectures and work-related tutorials, is exempt from any prescribed duration limitations.
5. **Other types** of long-form video content are to be subjected to time restrictions in line with the aforementioned limits at my discretion.

The aforementioned limits are reset following a period of abstention equal to the duration of a **viewing session**. A viewing session is defined as a time period of consecutive long-form video content consumption followed by at least 10 minutes of abstention. Consuming such content between viewing sessions is prohibited. In case of multiple types of content viewed in one session, the shortest duration limit applies.

The number of short-form video content pieces is limited to the total of ten per session on all social media platforms, with each session defined as a 30-minute time interval.

The consumption of video content on social media platforms is prohibited within the initial 30 minutes following morning wakefulness.

Any requirements under the "**Video Content Consumption**" section may be temporarily suspended in the event of a physical illness.

## 2.2 Use and Acquisition of Recreational Drugs

The only recreational drugs permitted for consumption are explicitly restricted to **alcohol**, **nicotine** and **caffeine**. The consumption or possession of any other substances categorized as recreational drugs is strictly prohibited.

### 2.2.1 Alcohol

The quantity of alcohol consumed per week must remain in accordance with the NHS recommendations, which, as of the signing of this document, equate to 14 alcohol units<sup>1</sup> on a regular basis. This quantity may be occasionally exceeded within reasonable limits.

### 2.2.2 Nicotine-containing Products

The purchase of cigarettes, e-cigarettes, or nicotine pouches for personal use is prohibited, with the exception of purchasing and using these products shortly before, after or with the intention of [REDACTED]. The use of any product obtained under this exception must be promptly discontinued thereafter, either by discarding the product or by storing it away.

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<sup>1</sup>For reference, one alcohol unit corresponds to a single small shot of spirit (25ml, ABV 40%), while a pint of higher-strength lager, beer, or cider (568ml, ABV 5.3%) amounts to approximately three alcohol units. The formula to calculate the number alcohol units is given by:

$$\text{Number of units} = \frac{\text{Volume in ml} \times \text{Alcohol content (ABV) in \%}}{1000}$$

The use of cigarettes or e-cigarettes is permitted only when all of the following conditions are met:

1. I am partaking in social interactions.
2. I have consumed no fewer than two and one-half units of alcohol, with the explicit stipulation that the alcohol was not consumed with the intention of enabling the use of cigarettes or e-cigarettes.
3. The cigarettes or e-cigarettes have been voluntarily donated by a third party.
4. I am not exceeding the consumption limit of nicotine-containing inhalant products, defined as three days within a calendar week.
5. I have not used cigarettes or e-cigarettes for three or more consecutive days.

The use of nicotine pouches voluntarily donated by a third party is permitted in moderate quantities.

The purchase of other nicotine-containing products intended predominantly for aesthetic purposes, including but not limited to cigars and smoking pipes, is permitted for personal use. Such products must only be used occasionally and in moderate quantities.

## 3 Obligations

### 3.1 Short-term

*Section 3.1 is hereby suspended and shall not have any binding effect until further notice.*

The table below enumerates short-term obligations (under "**Description**") and their corresponding expiration dates (under "**Valid until (DD/MM/YYYY)**"), the latter being inclusive. These obligations must be conscientiously followed or fulfilled until the specified dates, after which they cease to be binding.

No.	Description	Valid until (DD/MM/YYYY)
1	Complete the 10-week speed reading course on Udemy.	N/A
2	Complete, learn and master using the Mnemonic Major System.	N/A
3	Find a job in the IT field.	N/A

Table 1: Short-term Obligations

## **3.2 Long-term**

### **3.2.1 Reading**

Reading literature must be undertaken for no less than a total of 30 minutes on a daily basis. In the event of exceptional circumstances, it remains strongly encouraged to uphold the daily reading habit, although the minimum requirement may be reduced to five minutes for that particular day. The primary aim of this stipulation is to ensure daily consistency, prioritizing regular engagement over the quantity of reading.

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Signature

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Date (DD/MM/YYYY)