
Cultivated Code of Conduct

v3.3.1


This document has been superseded by
CCC v_____ on ____/____/____ (DD/MM/YYYY).

Signature: _____

“One thing is needful. — To “give style” to one’s character—a great and rare art! It is practiced by those who survey all the strengths and weaknesses of their nature and then fit them into an artistic plan until every one of them appears as art and reason and even weaknesses delight the eye. Here a large mass of second nature has been added; there a piece of original nature has been removed—both times through long practice and daily work at it. Here the ugly that could not be removed is concealed; there it has been reinterpreted and made sublime. Much that is vague and resisted shaping has been saved and exploited for distant views; it is meant to beckon toward the far and immeasurable. In the end, when the work is finished, it becomes evident how the constraint of a single taste governed and formed everything large and small. Whether this taste was good or bad is less important than one might suppose, if only it was a single taste! ...”

— Friedrich Nietzsche, *The Gay Science*, Aphorism 290

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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 shall result in self-imposed penalties or actions, and I accept responsibility for these consequences.

1 Conduct Enforcement

1.1 Penalties

Utmost, conscientious adherence to the CCC is paramount. However, for all intents and purposes, some rules will inevitably be breached. Thus, one of the penalties described hereinafter must be imposed for every broken rule in accordance with specified breach degree (see Section 1.2).

Given that the default penalty demands physical exertion, its imposition may not always be feasible, for instance, in the event of an injury. Consequently, it is mandated to select the first practicable penalty from the following order of priority:

1. **Burpees.** 300 burpees of the proper form must be performed by no later than the end of the next “**day**”, where a day is defined as the period of time from the morning awakening to falling asleep at night, unless otherwise stated.
2. **Push-ups and squats.** A total of 400 push-ups and squats of the proper form must be performed by no later than the end of the next day. Although the proportion of each exercise contributed to the total is not fixed, it is encouraged to aim for at least 40% of push-ups.
3. **Video content consumption.** No video content is allowed to be consumed in solitary setting for the entirety of the next day, with the exception of practical educational content. For more details on video content refer to Section 3.1.

When multiple penalties are incurred, either from a breach of specified degree or from violations of multiple rules, the maximum number of days permitted to address these penalties matches the number of incurred penalties.

If a penalty remains unfulfilled by the conclusion of the designated period, it must be augmented by an additional *50% of the base* (the initially incurred) *penalty*, with *one extra day* allocated for completion.¹ This procedure recurs for each successive failure to meet the penalty requirements within the extended timeframe.

While the incurrence of all penalties is strictly enforced, exceptional circumstances warrant the application of common sense. Furthermore, should such circumstances arise, the initiation of the penalty period may be postponed by *one day*, effectively extending the compliance deadline accordingly.

1.2 Breach Degrees

Every rule in the CCC should explicitly specify a breach degree that determines the magnitude of penalty to be incurred in the case of a violation (see Section 1.1). Should it fail to be specified, the selection of a breach degree must be made at my discretion. There are a total of four breach degrees, outlined as follows:

1. **First-degree breach** is the most severe type of CCC violation, which in principle should never occur. It is not subject to Section 1.1 penalties due to its severity, and thus must incur an appropriate penalty determined at my discretion and potentially in consultation with trusted third parties. This category is typically associated with serious legal, moral, or otherwise significant violations.
2. **Second-degree breach** incurs a *triple* penalty. This category is typically associated with violations of obligations that carry moderate to severe consequences, as well as those breaches that may undermine the integrity of adherence to the CCC.
3. **Third-degree breach** incurs a *double* penalty. This category is typically associated with violations of obligations that may result in noticeable consequences, as well as those breaches that are expected to be fulfilled either weekly or on a less frequent basis.
4. **Fourth-degree breach** incurs a *singular* penalty. This category represents the least severe type of CCC violation, typically associated with minor incidents that have little to no consequences.

¹For example, should I fail to complete a base penalty of 900 (= 300 × 3) burpees within three days, the penalty increases by 450 burpees to a total of 1350 burpees, with an additional day for completion. If unmet again, the penalty rises by another 450 burpees to a total of 1800 burpees, now with a total of five days allocated for fulfillment.

2 Health and Lifestyle

2.1 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 number of training sessions per calendar week must be *greater or equal than three*. However, this requirement may be waived under exceptional circumstances, such as events objectively preventing me from fulfilling the quota, including but not limited to physical incapacity due to illness or injury, and vital academic or work-related obligations. A **third-degree breach**.

The exercises listed below are supplementary and do not fulfill the criteria for the training session requirement above. Failure to properly perform each of the following exercises at least *three times per calendar week* without a valid reason constitutes a **third-degree breach**:

1. Resistance band ankle eversion;
2. Single-leg balance on a balance disc;
3. Single-leg backward and forward hopping;
4. Single-leg soleus drop-cath;
5. Serratus wall slides;
6. Resistance band external rotation (in scaption).

2.2 Diet

Every obligation in Section 2.2 falls under the **third-degree breach**.

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

The consumption of products high in unhealthy fats or 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.

2.3 Sleep Schedule

It is mandatory to wake up by 9:00 AM local time every day. Daytime sleeping is strongly discouraged, except for nonconsecutive naps not exceeding 20 minutes each.

This obligation may be temporarily suspended in the event of exceptional circumstances. A **fourth-degree breach**.

2.4 Phone Screen Time

“**Active screen time**” is defined as the duration during which a device is used for tasks that necessitate direct input or continuous engagement from the user.

Active phone must remain *at or below six hours per day*, unless I justifiably deem it necessary or appropriate to exceed this limitation. A **fourth-degree breach**.

2.5 Outdoor Walking

A minimum of 20 consecutive minutes of outdoor walking per day is required at least *three days each calendar week*. A **fourth-degree breach**.

3 Recreational Activities

3.1 Video Content Consumption

Every obligation in Section 3.1 falls under the **fourth-degree breach**.

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 *four* for episodes with a duration not exceeding 15 minutes, to *three* for episodes not exceeding 25 minutes, and to *two* for episodes 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 the case of multiple types of content viewed in one session, the duration limit is left to be determined at my discretion.

Once viewing of short-form video content, such as YouTube Shorts or Instagram Reels, is initiated, an 11-minute consumption window begins. This window concludes after 11 minutes, regardless of the actual viewing time. Immediately following this period, a mandatory break of at least half an hour is required before any further consumption of such content is permitted. During this break, no viewing of short-form video content is allowed, ensuring a period of non-consumption to reset the viewing cycle.

The consumption of video content on social media platforms is prohibited within the first 45 minutes following morning wakefulness.

All requirements in Section 3.1 may be temporarily suspended in the event of a physical illness or a serious injury.

3.2 [REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

3.3 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 and is a **first-degree breach**.

3.3.1 Alcohol

The quantity of alcohol consumed per week must remain in accordance with the NHS recommendations, which, as of April 12, 2024, equates to 14 alcohol units² on a regular basis. This quantity may be occasionally exceeded within reasonable limits. A **third-degree breach**.

3.3.2 Nicotine

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. A **second-degree breach**.

The use of cigarettes or e-cigarettes without adhering to all of the following conditions constitutes a **third-degree breach**:

1. I am partaking in social interactions.
2. I have consumed no fewer than 2.5 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 acquisition 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 moderation.

²For 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:

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

4 Routine Obligations

4.1 Reading

Reading literature must be undertaken for no less than a total of 45 minutes on a daily basis. In the event of exceptional circumstances, it remains strongly encouraged to uphold the daily reading habit; under such conditions, engaging in reading for any duration, even for as little as five minutes, is valued. The primary aim of this stipulation is to ensure daily consistency, prioritizing regular engagement over the quantity of reading. A **fourth-degree breach**.

Furthermore, it is mandatory to complete at least one chapter per day from the book “Break-through rapid reading” by Peter Kump. This requirement may be waived for the day under exceptional circumstances or if I do not have at least a three-hour window of free time during which the requirement can be fulfilled. A **fourth-degree breach**.

Signature

Date (DD/MM/YYYY)