
Cultivated Code of Conduct

v1.0

This document has been superseded by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

Signature: _____

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 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.

2 Leisure Time

2.1 Social Media

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 social media content is prohibited within the first 30 minutes of waking up in the morning.

2.2 Recreational Drugs

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

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 units¹ on a regular basis. This quantity may be occasionally exceeded within reasonable limits.

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.

¹For 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 (ABV 5.2%) amounts to approximately three alcohol units.

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 provided 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.

Signature

Date (DD/MM/YYYY)