

Hydration Challenge Contract

Agreement Date: January 17, 2025

Participants:

1. Edjay Lindayao
2. Nicole Ashley Cerbo

Purpose:

This agreement is established to promote healthy hydration habits and accountability between both participants. By signing this contract, both parties agree to adhere to the terms and conditions outlined below.

Duration of Challenge:

The challenge will start on January 20, 2025, and end on August 31, 2025. The penalty enforcement will begin on February 3, 2025.

Hydration Goals:

1. Edjay Lindayao is required to consume 4 liters of water daily.
2. Nicole Ashley Cerbo is required to consume 3 liters of water daily.

Accountability Mechanism:

1. Participants must report their water intake at the end of each day via video or picture and send it to Messenger.

Penalty for Non-Compliance:

1. Failure to meet the daily hydration goal will result in a penalty of jogging or walking. The penalty will start at 1 kilometer and will increase by 500 meters every month.
 - February: 1 km
 - March: 1.5 km
 - April: 2 km
 - May: 2.5 km
 - June: 3 km

- July: 3.5 km
 - August: 4 km
2. The penalty must be completed during the weekend and must be documented with proof of a video and a fitness app screenshot.
 3. Failure to complete the penalty during the weekend will result in a monetary penalty starting at 10 pesos, which will increase by 5 pesos every month.
 - February: 10 pesos
 - March: 15 pesos
 - April: 20 pesos
 - May: 25 pesos
 - June: 30 pesos
 - July: 35 pesos
 - August: 40 pesos
 4. All monetary penalties collected will be allocated to a dates fund, ensuring both participants enjoy quality time together as a reward for their commitment to the challenge.

Exceptions:

1. Medical conditions that impede water consumption must be communicated immediately and will be exempt from penalties upon verification.
2. Valid reasons such as emergencies may be considered, subject to mutual agreement between both participants.

Encouragement Clause:

Both participants commit to motivating and supporting each other throughout the challenge. Positive reinforcement is encouraged to foster a healthy and enjoyable experience.

Termination Clause:

This contract may be terminated early if both participants mutually agree in writing. Otherwise, it remains valid for the entire duration of the challenge.

Acknowledgment and Acceptance:

By signing this agreement, both participants acknowledge and accept the terms of this Hydration Challenge Contract. They understand the importance of hydration and agree to uphold their commitment to this challenge.

Signatures:

Edjay Lindayao



Nicole Ashley Cerbo