

Yu Yang's Habit Contract

This contract is entered into by and between **Yu Yang**, (Habit Implementer), and **Xuesong Hou, Chunlin Li**, (Contract Witnesses). The terms and conditions shall begin on **06/26/2021** and shall continue through its termination date of **12/31/2021**.

OVERVIEW

Yu's No.1 objective for the rest of 2021 is to establish the habit of reading papers, no video watching, no novel reading, and self reflection, so she is able to make progress in her research and hit her goal of enjoying everyday life and making it count.

Xuesong and Chunlin act as Yu's accountability partners who will witness Yu's progress and commitment.

TERMS

Six daily habits that will get Yu to her goal:

1. Read research papers for 2 pages every day. (minimum 2)
2. Get up before 6:30 am every day.
3. Exercise 10 minutes every day. (minimum 10)
4. Write a daily journal every day.
5. No entertainment video watching. Entertainment videos include: TV Dramas, movies, Anime, operas, videos about movie reviews, videos about drama reviews.
6. No novel reading.

If Yu doesn't do the above six items, then the following consequences will be enforced.

1. She will have to post a moment on WeChat: "I fail to stick to my habit contract, because I ..." on the same day.
2. She will also give Xuesong and Chunlin \$200 each on the same day.

TERMINATION

In the event of a medical emergency, or Yu's outside the US, or natural disasters, the contract will terminate.

SIGNATURES

Habit Implementer: *Yu Yang*

Date: 06/25/2021

Witness 1: *Xuesong Hou*

Date: 06/25/2021

Witness 2: *Chunlin Li*

Date: 06/25/2021

Yu Yang's Habit Contract

This contract is entered into by and between **Yu Yang**, (Habit Implementer), and **Xuesong Hou, Chunlin Li**, (Contract Witnesses). The terms and conditions shall begin on **01/19/2021** and shall continue through its termination date of **05/03/2021**.

OVERVIEW

Yu's No.1 objective for the Spring 2021 semester is to establish the habit of reading papers and no video watching so she is able to make progress in her research and hit her goal of passing the Ph.D. Preliminary Oral Examination by the end of Fall 2021 semester.

Xuesong and Chunlin act as Yu's accountability partners who will witness Yu's progress and commitment.

TERMS

Four daily habits that will get Yu to her goal:

1. Read research papers 2 pages per day. (minimum 2)
2. Get up before 6:30 am every day.
3. Exercise 5 minutes every day. (minimum 5)
4. No entertainment video watching. Entertainment videos include: TV Dramas, movies, Anime, operas, videos about movie reviews, videos about drama reviews.

If Yu doesn't do the above four items, then the following consequences will be enforced.

1. She will have to post a moment on WeChat: "I fail to stick to my habit contract, because I ..." on the same day.
2. She will also give Xuesong and Chunlin \$200 each on the same day.

TERMINATION

In the event of a medical emergency, or Yu's outside the US, or natural disasters, the contract will terminate.

SIGNATURES

Habit Implementer: *Yu Yang*

Date: 01/17/2021

Witness 1: *Xuesong Hou*

Date: 01/17/2021

Witness 2: *Chunlin Li*

Date: 01/17/2021