

FIRST ORDER RULES

VERSION 1.1 - 13/2/16

For: 'Sub' OnTheEdge & 'Supreme Governor' Lock667

1. The duration of OTE Emlalock sessions are at the sole discretion of his master.
 - a. Until decreed otherwise the length of sessions will not be revealed to OTE.
 - b. They will be set long and not ended until the goal is completed.
2. Every two days OTE must send a verification photo to prove he is still locked including the current date within the picture.
 - a. The previous punishment for falling out of a device was 'one pound of flesh' (through weight loss).
 - b. For any future infraction the penalty will be increased and decided solely by his master.
3. Every night OTE must send a report to his master including:
 - a. What he ate along with the calories.
 - b. The total calories for the day and how much he is over or under the total.
 - c. What exercise he performed that day.
4. If OTE can make it to the end of this weekend 12-14/2/16, without either him removing his current device or it becoming removed for any reason, his master will reward him at his discretion.
5. OTE must lose at least three pounds in weight (over the course of a week) by Thursday 18 February 2016 and therefore weigh no more than 16 stone 8 pounds (232lb).
6. If OTE takes a day off from exercise/work he must still do at least 15 crunches or equivalent, until told otherwise.
 - a. At present it is up to OTE's discretion when to rest, however, he must ensure that he meets all of his health goals first as a priority. (This right may later be amended.). This will not exceed more than one day per 7 day period with the exception of legitimate illness. (The common cold does not meet this criteria).

