

MICHEAL RAY BERRY

PUBLIC ACCOUNTABILITY AGREEMENT

Official Project Website	michealrayberry.com
Official Project X	@MichealRayBerry
Official Project YouTube	https://youtube.com/@michealrayberry
Effective Date	, 2026
Starting Weight	pounds

Goal Weight 180.0 pounds, maintained for 28 consecutive days

This Agreement is between Micheal Ray Berry ("Participant") and the designated Accountability Partner ("AP"). It governs the Micheal Ray Berry Public Accountability Project. The purpose is strict, public, daily weight-loss accountability through required documentation, public records, measurable weight targets, and defined consequences for missed requirements.

1. Project Purpose

- The Project exists to create a public, verifiable record of the Participant's weight-loss effort from the Starting Weight to 180.0 pounds.
- The Project record includes daily updates, daily videos, weigh-ins, tracking entries, weekly progress photos, monthly results, penalties, corrective accountability sessions, milestone resets, completion status, and abandonment status if applicable.
- The public nature of the Project is not optional. Public documentation is the accountability mechanism.

2. Parties and Authority

- Participant: Micheal Ray Berry. Project Website: michealrayberry.com. Project X: @MichealRayBerry. Project YouTube: https://youtube.com/@michealrayberry.
- Accountability Partner Name: _____ . Project/Public Name: _____ .
Contact Method for Notice: _____ .
- The AP may monitor compliance, verify records, assess violations, administer penalties, require corrective accountability sessions, preserve the Project record, and maintain Project assets as stated in this Agreement.
- The AP's authority is limited to the Project. This Agreement does not give the AP control over employment decisions, medical decisions, banking accounts, investment accounts, tax records, work accounts, personal email, private communications, non-project property, or non-project social media unless separately agreed in writing.

3. Goal and Completion Standard

- The weight-loss goal is to reduce body weight from the Starting Weight to 180.0 pounds.
- The Project is successfully completed only when the Participant reaches 180.0 pounds or below and maintains 180.0 pounds or below for 28 consecutive days.
- Completion must be documented by daily weigh-ins during the 28-day maintenance period, final progress photos, a final website update, a final completion statement, and AP verification.
- Upon Successful Completion, active violation consequences end, the violation counter resets permanently, and control of Project assets returns to the Participant unless otherwise agreed in writing. The public archive may remain online.

4. Daily Requirements

Every calendar day, unless excused in advance by the AP or prevented by a genuine emergency, the Participant must complete all of the following:

- Daily weigh-in between 6:00 AM and 8:00 AM local time, recorded in the official Project tracking system.
- Daily documentation video published according to the documentation standards in Section 5.
- Website update showing the day's weight, compliance status, and video link or embed.
- X check-in from the official Project account or approved account, including day number, weight, compliance status, and a Project link where practical.
- Daily tracking entry in the official tracker, spreadsheet, website system, or AP-approved method.
- All Daily Requirements must be completed by 11:59 PM local time unless the AP approves a different deadline.
- Multiple missed Daily Requirements on the same calendar date count as one Violation Event, not separate violations, unless the AP determines there was concealment, refusal, or bad faith.

5. Documentation Standards

- Official daily videos and weekly progress photos must show the Participant clearly enough to verify identity, attire, body position, required angles, and date or daily sequence.
- Required attire: black unitard and required Project collar unless excused by the AP in advance. Missing required attire in official documentation is a documentation violation.
- Punishment attire: for a violation or Corrective Accountability Session, the AP may require a unitard color other than black, including bright or visibly contrasting colors. A punishment-color unitard required by the AP counts as required Project attire for

that session or documentation. Failure to wear the required punishment-color unitard is a documentation violation unless excused by the AP in advance.

- Required pose: standing upright, hands behind head, body visible, face visible unless otherwise approved by the AP, and no concealment of body shape.
- Required angles: front view, left-side view, right-side view, and rear view.
- The Participant may not use camera angles, lighting, clothing alterations, cropping, filters, props, editing, or timing intended to hide body size, weight status, or compliance.
- Documentation should remain reasonably consistent in location, lighting, framing, attire, and pose so progress can be compared over time.

6. Weigh-In Rules

- Daily weigh-ins must occur between 6:00 AM and 8:00 AM local time.
- Daily weigh-ins must be recorded in the official Project tracking system and posted to the Project Website, but daily weigh-ins do not require photo or video proof unless the daily weigh-in is also an official weekly weigh-in or official monthly weigh-in under this section.
- Weigh-ins should be done after using the restroom, before eating or drinking, on the same scale whenever practical, and under consistent clothing or body conditions.
- Official weekly weigh-in: every Monday between 6:00 AM and 8:00 AM local time.
- The official weekly weigh-in must be documented by at least one clear timestamped photo showing the scale reading, date, and enough context to verify that it is the official weekly weigh-in. The proof must be posted, linked, or embedded on the Project Website as part of the weekly update. A public YouTube Short, public YouTube video, livestream, or other video proof may be used instead of a photo if approved by the AP.
- Official monthly weigh-in: the first day of each calendar month between 6:00 AM and 8:00 AM local time.
- The official monthly weigh-in must be documented by at least one clear timestamped photo showing the scale reading, date, and enough context to verify that it is the official monthly weigh-in. The proof must be posted, linked, or embedded on the Project Website as part of the monthly update. A public YouTube Short, public YouTube video, livestream, or other video proof may be used instead of a photo if approved by the AP.
- If the first day of the month falls on a Monday, one weigh-in may satisfy both the weekly and monthly official weigh-in requirements.
- If the official weekly weigh-in and official monthly weigh-in occur on the same date, one valid proof record may satisfy both proof requirements, provided it is clearly labeled on the Project Website as both the official weekly weigh-in and official monthly weigh-in.
- Late, missing, manipulated, falsified, obscured, or strategically distorted weigh-ins are violations unless excused by the AP in advance or caused by a genuine emergency.
- Failure to provide required official weekly or monthly weigh-in proof, including the required timestamped photo or required video if used, makes the official weigh-in incomplete unless excused by the AP in advance or caused by a genuine emergency.

7. Weekly Requirements

- Each week, the Participant must complete the Monday official weigh-in with required proof under Section 6, publish weekly progress photos using the Section 5 documentation standards, and update the Project Website with official weekly weight, weigh-in proof, photos, and compliance status.
- Weekly weight rule: the official weekly weigh-in must not exceed the previous official weekly weigh-in by more than 1.0 pound.
- If the weekly weight is 0.1 to 1.0 pound above the prior official weekly weigh-in, it is recorded publicly as a Weekly Warning but does not trigger the standard violation schedule.
- If the weekly weight is more than 1.0 pound above the prior official weekly weigh-in, it is a violation.
- Examples: 330.0 to 329.9 = Pass. 330.0 to 330.0 = Pass. 330.0 to 330.8 = Weekly Warning. 330.0 to 331.1 = Violation.
- Multiple missed Weekly Requirements in the same week may be treated as one Violation Event unless the AP determines separate violations are appropriate because of concealment, refusal, or bad faith.

8. Monthly Requirement

- The official monthly baseline is the Participant's official monthly weigh-in recorded on the first day of the calendar month.
- By the next official monthly weigh-in, the Participant must lose at least 2% of that monthly baseline weight.
- Formula: Required next monthly weight = monthly baseline x 0.98.
- Example: if the monthly baseline is 330.0 pounds, the next monthly target is 323.4 pounds or less.
- Failure to meet the 2% monthly requirement is one violation.
- Exceeding the target in one month does not automatically excuse a future missed month unless the AP approves it.
- The Project Website must record the monthly baseline, required target, actual monthly weigh-in, monthly weigh-in proof, pass/fail status, and any violation assessed.

9. Exercise Requirement

- Beginning on the Effective Date, Participant must complete at least one Exercise Session per Project Week. A Project Week runs from Monday at 12:00 AM through Sunday at 11:59 PM local time.

- An Exercise Session means at least twenty continuous minutes of treadmill walking, stationary bike, outdoor walking, or other AP-approved low-impact cardio. Each Exercise Session must be performed in required Project attire unless excused in advance by AP.
- Failure to complete the required number of Exercise Sessions in a Project Week is a Violation Event under the Violation Schedule and also increases the required number of Exercise Sessions by one additional session per Project Week.
- Exercise escalation is cumulative: first missed Exercise Requirement requires two Exercise Sessions per week; second missed Exercise Requirement requires three Exercise Sessions per week; third missed Exercise Requirement requires four Exercise Sessions per week; and so on, up to a maximum of seven Exercise Sessions per week.
- Once the requirement reaches seven Exercise Sessions per week, it remains at seven until reset.
- The required Exercise Session count resets to one Exercise Session per week when Participant reaches an official Project milestone weight under the Milestone Resets section.
- AP may approve a stricter exercise type, documentation method, schedule, or written reset condition, but any change must be stated in writing and preserved as part of the Project record.
- Each Exercise Session must be documented by public YouTube livestream, public YouTube video, YouTube Short, timestamped video, or other AP-approved proof.
- Unless AP approves otherwise in advance, Exercise Session proof must show enough of the Participant, attire, activity, duration, and date or timestamp to verify compliance.
- Failure to document an Exercise Session counts as failure to complete that Exercise Session.
- Technical failure, deletion, privacy restriction, unlisting, insufficient visibility, missing attire, insufficient duration, or unclear proof makes the Exercise Session incomplete unless AP accepts alternate proof.

10. Violation Schedule

Violation Count	Financial Penalty	Corrective Accountability Session
Miss 1	\$	15 minutes
Miss 2	\$	20 minutes
Miss 3+	\$	30 minutes

- The same schedule applies to daily failures, weekly failures, weekly weight violations, monthly 2% failures, exercise failures, documentation violations, public-record violations, late financial penalty payment, late corrective session completion, and other violations under this Agreement.
- The current miss count is the number of accumulated Violation Events since the most recent milestone reset.
- Once the Participant reaches Miss 3, all further violations remain at the Miss 3+ level until reset by a milestone or Successful Completion.
- Financial penalties are due immediately when assessed and must be paid within seven calendar days unless the AP approves a different deadline. Late payment is an additional violation.
- Payment does not replace a corrective accountability session unless the AP expressly allows substitution in writing.
- All penalties must be recorded publicly on the Project Website with date, reason, amount, due date, paid/unpaid status, required corrective session, and completion status.

11. Corrective Accountability Sessions

- A Corrective Accountability Session is the non-financial consequence for a violation.
- The Participant must stand facing a wall, in required Project attire, wearing the required Project unitard (black unless the AP has required a different punishment color for that session) and required Project collar unless excused, with hands behind head, for the full required duration.
- Sessions must be livestreamed on YouTube and permanently archived unless the AP expressly approves another platform or proof method.
- A session is not complete unless the full livestream archive is public and linked or embedded on the Project Website as part of the Penalty Log.
- Technical failure, deletion, privacy restriction, unlisting, insufficient visibility, interruption, missing attire, missing posture, or failure to show the full duration makes the session incomplete unless the AP accepts alternate proof.
- The AP may require the session to be repeated if the proof does not show full compliance.
- Failure to complete the session within seven calendar days is an additional violation unless the AP approves a different deadline.
- A late session violation may create an additional violation, but late completion does not create an endless loop of new sessions unless the AP determines the Participant is refusing compliance.

12. Milestone Resets

- The violation count resets to zero when the Participant reaches any of these weights: 300.0, 275.0, 250.0, 225.0, 200.0, or 180.0 pounds.
- A milestone must be documented by a valid weigh-in and posted to the Project Website.
- After a reset, the next violation is Miss 1.
- Example: if the Participant is at Miss 3+ and reaches 275.0 pounds, the count resets to zero. The next violation is Miss 1, with a \$ _____ financial penalty and 15-minute corrective session.
- A milestone reset does not automatically cancel unpaid penalties or incomplete corrective sessions already assessed unless the AP expressly waives them.

13. Public Record, Permanent Posting, and Website Rules

- michealrayberry.com is the official public archive of the Project.
- The public record must include, where applicable: daily logs, videos or links, daily weights, weekly weigh-ins, weekly photos, exercise documentation or links, monthly targets and results, penalties, corrective session archives, violations, milestones, completion status, abandonment status, and required platform links.
- Once required Project documentation is posted to an Official Project Platform or required Project-related platform, it becomes part of the permanent public accountability record.
- The Participant may not delete, hide, unpublish, privatize, password-protect, restrict, unlist, archive, materially alter, redirect, remove, replace, or otherwise reduce public access to required Project documentation after posting, except where required by platform rules, law, account compromise, technical failure, or AP-approved safety concern.
- Errors may be corrected, but corrections must not hide the original compliance record. Material corrections must be noted publicly when practical and must preserve the underlying compliance status, weight record, violation record, milestone record, penalty record, corrective-session record, or abandonment record.
- If required documentation is removed, hidden, restricted, deleted, or made unavailable for an approved reason or by platform action, the Participant must restore the original post if possible. If restoration is not possible, the Participant must repost equivalent documentation or archive equivalent documentation on an approved platform as soon as reasonably possible.
- If required documentation is deleted, hidden, restricted, or removed without AP approval, the Participant must publish corrective documentation stating that required documentation was removed and identifying the repost or replacement record.
- Deletion, concealment, restriction, privatization, unlisting, or unauthorized removal of required Project documentation is a Violation Event under the Violation Schedule. Repeated deletion, mass deletion, account deletion, blocking AP access, or changing visibility settings to defeat accountability may be treated as an aggravated violation.
- If the Project is abandoned, the Project Website may remain public and may display abandonment status.

14. Safe-for-Work Official Platform Rule

- Official Project Platforms are limited to: michealrayberry.com; X: @MichealRayBerry; Project YouTube: <https://youtube.com/@michealrayberry>; any official tracker, spreadsheet, dashboard, or archive linked from the Project Website; and any successor platform designated on the Project Website as part of the official Project record.
- Official Project Platforms must remain safe-for-work weight-loss accountability documentation.
- Official Project Platforms may not contain nudity, sexual activity, sexually explicit language, adult-platform branding, fetish framing, erotic captions, degrading sexual labels, or content primarily intended to sexualize, humiliate, or expose the Participant beyond the stated weight-loss accountability purpose.
- Official Project Platforms should use neutral weight-loss, documentation, compliance, progress, penalty, milestone, and accountability language.
- The AP may not require, publish, repost, caption, label, embed, preserve, or frame content on Official Project Platforms in a way that changes the Project from safe-for-work weight-loss accountability documentation into sexual, fetish, adult, degrading, or employment-damaging content.
- Content on Official Project Platforms that violates this rule may be removed, renamed, revised, re-captioned, re-uploaded, or replaced without being treated as concealment, provided the underlying compliance status, weight record, violation record, milestone record, penalty record, corrective-session record, or abandonment record remains preserved.
- Adult-adjacent, kink, submission, discipline, correction, humiliation, or fetish-oriented content may exist only on non-official platforms maintained separately by the Participant or AP and may not be imported, embedded, mirrored, or displayed on Official Project Platforms in a way that violates this rule.

15. Non-Official Platforms

- Non-official platforms may be maintained separately by the Participant and AP, but they are not required by this Agreement and do not affect official Project compliance unless separately agreed in writing.
- Non-official platform activity does not replace any required Project Website update, X check-in, YouTube documentation, weigh-in, weekly progress photo, exercise proof, penalty log entry, corrective accountability session, or other official Project requirement unless separately agreed in writing.
- No non-official post, caption, tag, video, photo, comment, writing, profile language, or adult-adjacent framing may be imported, embedded, mirrored, or displayed on an Official Project Platform in a way that violates the Safe-for-Work Official Platform Rule.

16. Website Administration and Project Assets

- Project assets include michealrayberry.com, website hosting, website files, website database, backups, Project trackers, Project photos, Project videos, Project logs, Project-specific social media accounts, and Project documentation.
- Project assets do not include personal Gmail accounts, banking accounts, investment accounts, medical accounts, employment systems, work email, tax records, private communications, non-project cloud storage, non-project websites, non-project social media, or passwords unrelated to the Project.
- The Participant may provide the AP with administrator-level control over Project assets as needed to preserve the public record and enforce this Agreement.
- The Participant may retain access approved by the AP, but may not use access to delete, conceal, alter, or undermine the public record.
- Upon Successful Completion, control of Project assets returns to the Participant unless otherwise agreed in writing.

- Upon Abandonment, the AP may retain control of Project assets as needed to preserve the public record and display abandonment status.

17. Project Content License

- The Participant grants the AP a perpetual, irrevocable, worldwide, royalty-free license to copy, archive, store, reproduce, repost, display, publish, preserve, and maintain Project Content.
- This license applies only to content intentionally created, submitted, uploaded, posted, or published for the Project.
- The AP may use the license to administer, preserve, archive, publish, repost, display, discuss, document, restore, verify, comment on, or maintain the Project record, subject to the safe-for-work limits for Official Project Platforms.
- AP Independent Reposting Rights. The Participant authorizes the AP to repost, display, publish, preserve, archive, discuss, caption, and redistribute Project Content on the AP's own accounts, websites, archives, adult platforms, FetLife, social media accounts, or other platforms chosen by the AP. This includes platforms that use adult-adjacent, kink, submission, discipline, correction, humiliation, or accountability framing. This independent reposting right does not make those AP-controlled platforms Official Project Platforms and does not change the Safe-for-Work Official Platform Rule for michealrayberry.com, Project X, Project YouTube, or other Official Project Platforms.
- This independent reposting right applies only to Project Content intentionally created, submitted, uploaded, posted, or published for the Project, and does not apply to private communications, employment records, medical records, financial records, non-project photos or videos, personal cloud storage, non-project social media content, or content involving non-consenting third parties.
- The license survives Successful Completion, Abandonment, AP withdrawal, Participant withdrawal, Project termination, transfer of website control, and removal from active posting.
- The license does not apply to private communications, employment records, medical records, financial records, non-project photos or videos, personal cloud storage, non-project social media content, or content not intentionally created for the Project.
- The AP may not falsely represent new content as having been created by the Participant after Abandonment. The license does not give the AP ownership of the Participant's legal name, general likeness, employment identity, private life, or non-project speech.

18. Abandonment

- Abandonment occurs if any of the following happens: 30 consecutive calendar days without required daily updates; a written or public statement by the Participant that the Project is terminated before Successful Completion; intentional deletion, concealment, removal, hiding, password-protection, unpublishing, or alteration of Project records to prevent public accountability; refusal to comply with AP-administered Project requirements for 30 consecutive days; or shutdown, transfer, DNS change, hosting cancellation, or similar action intended to prevent continuation of the public Project record.
- Upon Abandonment, the AP may continue operating the Project Website, preserve records, publish an abandonment notice, display Project Content, maintain the penalty and violation record, and prevent deletion or concealment of the Project record.
- An abandonment notice may include date of abandonment, last completed daily update, last recorded weight, missed requirements, outstanding penalties, outstanding corrective sessions, and Project status summary.
- After Abandonment, the AP may preserve and comment on the existing record but may not falsely create new first-person statements by the Participant.
- The AP may allow reinstatement. Reinstatement terms may include payment of outstanding penalties, completion of outstanding corrective sessions, public reinstatement notice, updated weigh-in, updated progress photos, and AP-approved restart date.

19. AP Withdrawal and Replacement

- The AP may withdraw by written notice.
- If the AP is unavailable for 60 consecutive days, the AP is treated as withdrawn unless communication resumes.
- If the AP withdraws, becomes unavailable, or declines further participation, Project assets under AP control must return to the Participant unless a replacement AP is appointed.
- A replacement AP may be appointed by agreement between the Participant and AP, or by the Participant if the AP is unavailable.
- During transition, the public record must remain preserved and may not be deleted, hidden, or materially altered.

20. Disputes and Changes

- The parties should attempt to resolve disputes in good faith.
- For ordinary compliance questions, the AP's determination controls unless clearly contradicted by the public record.
- Project Website records, timestamps, uploaded records, weigh-in logs, YouTube records, X posts, and AP verification may be used to determine compliance.
- Disagreement does not excuse compliance unless the AP grants a temporary pause or exception.
- Any material change to this Agreement must be in writing and acknowledged by both parties.
- If any provision is found invalid or ineffective, the rest of the Agreement remains in effect as much as possible.
- This Agreement replaces prior drafts, messages, discussions, and informal statements unless those terms are incorporated in writing.

21. Acknowledgment

- The Participant understands that the Project is public and that Project Content may be published or preserved on the Project Website and related Project platforms.
- The Participant understands that public internet records may remain searchable, archived, copied, indexed, cached, downloaded, or otherwise preserved by third parties even if later deleted from Project platforms.
- The Participant enters this Agreement voluntarily for personal accountability purposes.
- The Participant remains responsible for personal health decisions, nutrition decisions, medical care, employment conduct, financial decisions, and legal obligations. The AP is not a medical provider, employer, financial advisor, attorney, therapist, or guardian.
- This Agreement creates accountability requirements but does not guarantee weight loss, health outcomes, employment outcomes, financial outcomes, or personal outcomes.
- The parties acknowledge that the Project is intended to be a safe-for-work public weight-loss accountability project on Official Project Platforms and not an adult, sexual, fetish, or humiliation project on those platforms.

22. Signatures

Participant

I, Micheal Ray Berry, acknowledge that I have read and understood this Agreement. I understand that this Project creates a public accountability record, that violations carry financial penalties and Corrective Accountability Sessions, that Project Content may be preserved publicly, and that abandonment may remain part of the public record.

Participant Name: Micheal Ray Berry

Signature: _____

Date: _____

Accountability Partner

I, the undersigned Accountability Partner, acknowledge that I have read and understood this Agreement and accept the role of Accountability Partner under the terms stated here.

Accountability Partner Name: _____

Signature: _____

Date: _____