

PUBLIC ACCOUNTABILITY CONTRACT

Micheal Ray Berry — 330 to 180

Savannah, Georgia

Effective: February 16, 2026

DECLARATION

My name is Micheal Ray Berry. On February 16, 2026, I weighed 330 pounds. I am publicly committing to reach 180 pounds and hold that weight for 28 consecutive days, followed by 52 weeks of documented maintenance.

This is not a private goal. Every day is documented across four platforms under my real name. Every weigh-in is posted. Every missed day is on the record. There is no quiet way to quit.

This document is my public contract with myself and with anyone watching. These are the rules I follow. They do not change on a good day or a bad day.

THE GOAL

METRIC	TARGET
Starting weight	330 lbs (February 16, 2026)
Goal weight	180 lbs
Completion	180 lbs or below, held for 28 consecutive days
Maintenance	52 weeks of weekly documentation after goal is achieved

There is no revised target. There is no adjusted timeline. There is no acceptable alternative outcome.

WHAT THIS CONTRACT REQUIRES

This contract does not require weight loss.

This contract requires Micheal Ray Berry to step on a scale every day and post the number. It requires four photos in a bodysuit. It requires a video. It requires updating four platforms. It requires showing up.

The scale can go up. The scale can stay flat. The scale can refuse to move for three weeks straight. None of that is a violation. The number gets posted, whatever it is, and the day is done.

This contract does not ask me to lose weight. It asks me to stop looking away from the number. It asks me to stand in front of a camera every single day and see my own body. It asks me to make the number public so I cannot pretend it does not exist.

The goal is 180 pounds. The requirement is honesty. Every day, no matter what the scale says, the world sees the truth.

THE RULES

RULE	REQUIREMENT
The Suit	Same black bodysuit every day. Shows exact body shape. Nothing hidden.
The Pose	Hands behind head, fingers interlocked. Four angles: front, left side, right side, back.
The Digital Timestamp	Verified digital timestamp in every photo and video. No recycled images. No backdating.
The Scale	Weigh in and log the number. Every day. Up, down, or flat — it gets posted.
The Deadline	All content posted by 11:59 PM local time. Each day stands alone.
The Record	All platforms updated. A missed platform counts as a missed day.

DAILY DOCUMENTATION

Every day, without exception, all of the following must be completed and posted by 11:59 PM:

PLATFORM	DAILY REQUIREMENT
YouTube	Daily Short: visible scale reading, verbal weight confirmation, neutral tone.
Instagram	Carousel post: four photos (front, left, right, back), hands behind head, bodysuit.
X (Twitter)	Four-photo grid with weight and Fitbit screenshot (steps, heart rate, active minutes, sleep). Weekly written reflection.
Website	Updates automatically. No manual action required.

Title format (YouTube, Instagram, X): "Micheal Ray Berry — Day [X] — [Full Date] — [Weight] Pounds"

The Google Sheet tracker is updated daily by Micheal Ray Berry with the day's weight and health data. The website reflects this data automatically via embed.

ZERO GAP POLICY

Each calendar day stands independently. No retroactive posting. No double posting. No silent corrections. No concealment.

If a day is missed, the next post includes: "Micheal Ray Berry missed yesterday's update. Penalty was applied."

The gap in the record speaks for itself.

HEALTH DISCIPLINE VS. CONTENT DISCIPLINE

This contract governs two separate commitments: the commitment to lose the weight, and the commitment to document it publicly. These are related but not identical.

A missed post does not mean a missed day of effort. If the content deadline is missed due to work, travel, or emergency, the Zero Gap Policy applies — the miss is acknowledged publicly and the record continues. But a missed post does not erase a day of discipline, and it is not treated as a reason to quit.

The weight loss is the overall mission. The content is the accountability structure. Do not confuse a crack in the structure with a failure of the mission.

DIGITAL CUSTODY

The website michealrayberry.com is held by a third-party custodian. The custodian's identity is private. The custodian's role is public.

Micheal Ray Berry has zero access to michealrayberry.com. The custodian has sole and complete control of the GoDaddy hosting account and domain registration.

The website updates automatically and requires no manual action from Micheal Ray Berry or the custodian:

WEBSITE SECTION	SOURCE
Daily Weigh-In (video)	Embedded YouTube feed — auto-pulls new Shorts as posted.
Daily Photos	Embedded Instagram feed — auto-pulls new carousel posts as posted.
Daily Tracker (data)	Embedded Google Sheet — auto-updates as Ray enters data.
Monthly Progress Photos	Uploaded by the custodian once per month.
Contract	Static page. Never changes.

Ray's daily obligation is to post to YouTube, Instagram, X, and the Google Sheet. The website takes care of itself.

- a) Micheal Ray Berry cannot delete, deactivate, or take offline the website.
- b) Micheal Ray Berry cannot log in to, edit, or modify the website in any way.
- c) If the project is abandoned, the website and all its content remain live as a permanent public record.
- d) The custodian may add a final entry documenting the date and weight at which posting stopped and acknowledge failure.
- e) Upon project completion — 180 lbs held for 28 consecutive days plus 52 weeks of documented maintenance — the website transfers back to Micheal Ray Berry.

The website cannot be erased. The record is permanent.

MONTHLY PROGRESS PHOTOS

On the first day of each month, Micheal Ray Berry provides four photos (front, left, right, back) to the custodian. The custodian uploads them to the Photos page of michealrayberry.com by the 5th of that month.

These monthly photos form a visual timeline of the entire project. Over time, this page becomes the most visible evidence of change — or the most visible evidence that change did not happen. The photos are posted under Micheal Ray Berry's real name and cannot be removed.

HEALTH TRACKER

Micheal Ray Berry wears a Fitbit Charge 6 at all times.

The tracker records steps, heart rate, active minutes, and sleep duration every day. This data is posted daily on X alongside the four bodysuit photos as a screenshot from the Fitbit app.

The tracker is worn 24 hours a day, including during sleep, and is only removed for charging. If the tracker malfunctions or is lost, it must be replaced within 7 days. During any gap in tracker data, all other daily posting requirements remain in effect.

WEEKLY REFLECTION

Once per week, a written reflection is posted on X:

1. What went well that week.
2. What was difficult.
3. What is being adjusted going forward.

Honest. Factual. No excuses.

FINANCIAL ACCOUNTABILITY

This project is backed by a private financial accountability structure. Failure to meet daily posting requirements results in a financial penalty.

The penalty structure is private. The consequence is real.

CONTENT STANDARDS

All content posted under this project must be:

1. Factual — real numbers, real photos, real dates.
2. Neutral — no exaggeration, no false reporting, no manufactured emotion.
3. Safe for work — appropriate for all audiences and platforms.
4. Self-contained — no cross-promotion, no links to unrelated accounts.

Tone is positive, determined, and honest. Progress is celebrated. Setbacks are acknowledged factually.

CONTENT RETENTION

All accountability content remains public and undeleted until:

1. Goal weight is achieved.
2. 28-day hold is completed.
3. 52-week maintenance phase is completed.

Nothing gets taken down until the job is done. The Digital Custody provision ensures this is enforced, not merely promised.

90-DAY CONTRACT REVIEW

On Day 90, Day 180, and Day 270, this contract is reviewed — not renegotiated. The goal does not change. The daily requirement does not change. But the following may be evaluated and adjusted:

1. Posting format or platform adjustments that improve sustainability without reducing accountability.
2. Additions to the protocol (not removals).
3. Health-related adjustments made on the advice of a medical professional.

Any change made during a review is documented publicly. No silent edits. The original contract remains on the record alongside any amendments.

This is a checkpoint, not an escape hatch.

MAINTENANCE PHASE (52 WEEKS)

After reaching 180 lbs and holding for 28 days, the daily protocol transitions to weekly:

REQUIREMENT	FREQUENCY
Weigh-in video	Weekly
Progress photos (front + side)	Weekly
Weekly average weight	Weekly
Weekly average steps	Weekly
If weight exceeds 190 lbs for 2 consecutive weeks, daily protocol resumes for three months	Automatic

WHAT SUCCESS LOOKS LIKE

Weight: 180 pounds, held for 28 consecutive days, followed by 52 weeks of documented maintenance.

Record: Hundreds of daily entries across four platforms, every one posted under my real name, forming an unbroken chain of accountability from start to finish.

Search results: When someone Googles "Micheal Ray Berry," they find a man who made a commitment in public and followed through.

This contract is between me and the record.

The internet is watching. I don't plan to disappoint it.

Micheal Ray Berry

February 16, 2026

Savannah, Georgia

No filters. No excuses. No hiding.