



# ASSOCIATION OF THE UNITED STATES ARMY

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## AUSA's LTG Theodore Stroup, Jr., Scholarship Essay

### 2023: Cellphone Limitation Pledge

I, \_\_\_\_\_ (printed name), certify that, in accordance with the rules of the 2023 AUSA LTG Theodore Stroup, Jr., Scholarship Essay contest, and in an exercise of a warrior's mental dominance, I have limited the use of my cellphone to THIRTY minutes a day for a consecutive FOURTEEN days.

To keep myself accountable, I asked \_\_\_\_\_ (printed name) to assist me in monitoring my cellphone use. S/he is my (circle one):

parent      guardian      teacher      coach      other: \_\_\_\_\_.

The fourteen days were \_\_\_\_\_ (d/m/y) to \_\_\_\_\_ (d/m/y).

The book I read during these fourteen days was \_\_\_\_\_ (title),  
by \_\_\_\_\_ (author).

If I did not succeed in keeping this pledge entirely, I did keep it for \_\_\_\_\_ (number of day) days and for \_\_\_\_\_ (number of minutes) per day. My reason for not successfully limiting my cellphone use to thirty minutes a day for fourteen days is \_\_\_\_\_  
\_\_\_\_\_.

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Cadet Signature

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Accountability Partner Signature

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Date