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$$\frac{1}{r} \leq a_r \leq \frac{2}{r+1}$$

$$\frac{1}{n} \leq a_n \leq \frac{2}{n+1}$$

$$\frac{1}{h} \leq a_n$$

$$a_1 = a_2 + a_3$$

FTSOL, let $\alpha < \frac{1}{4}$

$$a_2 = a_4 + a_5$$

$$a_n, \dots, a_{n-2} < \frac{1}{h}$$

$$a_3 = a_6 + a_7$$

$$\sum_{n \in \mathbb{N}} \frac{1}{n} \cdot n = 1$$

$$\text{denn } a_n + \dots + a_{2n-1} = 1$$

$$\begin{array}{ccccccc}
 k+1 & a_8 & a_7 & a_6 & a_5 & a_4 & a_3 \\
 & \swarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow \\
 k & & a_4 & a_5 & a_6 & a_7 & a_8 \\
 & & \swarrow & \downarrow & \downarrow & \downarrow & \downarrow \\
 & & & a_2 & a_3 & a_4 & a_5 \\
 & & & & \swarrow & \downarrow & \downarrow \\
 & & & & & a_1 = 1 & \square
 \end{array}$$

$$a_n \leq \frac{2}{n+1}$$

$$a_{2n-1} \leq \frac{1}{n} \Rightarrow \text{true}$$

$$\left. \begin{aligned} & FTSOC, \quad a_{n+1} > \frac{1}{n} \\ & \sum_{k=1}^{n-1} \geq \frac{1}{n} \cdot n = 1 \end{aligned} \right\}$$

$$a_{2n-1} \leq \frac{1}{h} = \frac{2}{2n-1+1}$$

For odd n , $a_n \leq \frac{2}{n+1}$

$$a_n = a_{2n} + a_{2n+1}$$

$$a_{2n-2} \leq a_{2n-1} \leq \frac{1}{n}$$

$$a_n + a_{n+1} \leq \frac{1}{n+1} + \frac{1}{n+1}$$

$$a_{2n-2} \leq \frac{1}{n} \Rightarrow a_{2n} \leq \frac{1}{n+1}$$

$$a_n \leq \frac{2}{h+1}$$

$$a_{2n+1} \leq \frac{2}{2n+1+1} = \frac{1}{n+1} \quad \square$$

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