GETFIT MINING

Lite Paper

LEGAL DISCLAIMER

Abstract

The GetFit Mining Lite paper provides a detailed overview of the project's use of blockchain technology in the fitness industry. It discusses the fitness community's problems and challenges and how GetFit plans to address them through its decentralized platform. The paper also explores potential use cases for GetFit and the potential market reach for mass adoption of the platform. The lite paper gives an insight into the mining process, rewards, and token economy of the GetFit network.

GetFit Mining Use Cases

1. Rewards for fitness activities: Users earn tokens through the mining process for participating in fitness activities such as going to the gym, running, or taking fitness classes.

2. Digital fitness marketplace: GetFit provides a decentralized marketplace for buying and selling fitness-related goods and services, such as personal training sessions, workout equipment, and nutritional supplements. The use of blockchain technology would ensure secure and transparent transactions.
3. Virtual fitness training: GetFit will provide a platform for users to participate in virtual fitness classes and personal training sessions, which will be recorded on the blockchain for users to access whenever they want.
4. The social network for fitness enthusiasts: GetFit will function as a social network for fitness enthusiasts, where users can connect with others, share fitness tips and goals, and participate in fitness challenges.

These are just a few examples of the use cases for GetFit. However, the GetFit platform's capabilities have the potential to develop in a wide range of areas within the fitness industry that we still need to include in this document.

GetFit is Promoting Healthier Lifestyles

Obesity is a global health concern affecting people of all ages and can lead to various health issues such as diabetes, heart disease, and certain cancers. It also burdens the healthcare system significantly, mainly due to the high costs associated with treating related health conditions.

GetFit proposes using mining to motivate people to engage in physical activity by rewarding users with crypto tokens for participating in fitness activities. GetFit aims to incentivize people to get up and move more. The rewards may provide additional motivation to encourage and motivate people to exercise.

While it's important to note that no single solution can effectively address the complex issue of obesity, GetFit's approach of using mining to motivate physical activity and using blockchain technology to track and reward users based on their activity data could be one way to help promote healthier lifestyles and reduce the overall burden of obesity on the healthcare industry.

GetFit Initiative

Physical activity is essential to health and can improve overall well-being, and declining physical activity levels are a growing concern worldwide. According to the World Health Organization (WHO), physical inactivity is one of the leading risk factors for non-communicable diseases (NCD) such as type 2 diabetes, heart disease, stroke, and certain cancers. https://www.who.int/health-topics/physical-activity

GetFit incentivizes people to stay active through a cryptocurrency mining process that rewards users for their physical activity by tracking their steps, distance, workouts, calories burned, and sleep data using wearable devices.

The GetFit concept encourages people to stay active and motivates people to invest in maintaining a healthier lifestyle, earning crypto rewards with an activity-based crypto mining rewards concept.

Exercise is an essential component of overall health and well-being. Regular physical activity can help improve our health, including cardiovascular fitness, muscle strength, flexibility, and mental health. Here are some specific reasons why exercise is vital to our health:

1. **Exercise helps improve cardiovascular health:** Regular physical activity can help improve the health of our heart and blood vessels. It can lower blood pressure, reduce the risk of heart disease and stroke, and improve cholesterol levels.

1. **Exercise helps improve muscle strength and flexibility:** Regular physical activity can help increase muscle strength and improve flexibility, which can help us perform everyday tasks with ease and reduce the risk of falls and injuries.

1. **Exercise helps improve mental health:** Exercise can improve mood and reduce the risk of depression and anxiety. It can also enhance the quality of sleep and reduce stress.

1. **Exercise helps maintain a healthy weight:** Regular physical activity can help maintain healthy body weight, reducing the risk of obesity and associated health problems such as diabetes, heart disease, and certain cancers.

1. **Exercise can help improve brain function:** Regular physical activity improves brain function and cognitive abilities, including memory, attention, and problem-solving skills.

Exercise is an essential aspect of overall health and well-being. It can help improve physical and mental health, reduce the risk of chronic diseases, and improve quality of life. We must find activities we enjoy and make them a part of our daily routine.

GetFit mining provides the motivation you need to get active to get fit while being rewarded through mining multiple cryptocurrencies and tokens using the energy from the activities you do 24/7.

What Makes GetFit Unique?

GetFit is unique in its approach to using blockchain technology to add an economic dimension to the fitness app by incentivizing users to stay active. GetFit uses a cryptocurrency mining process that rewards users for their physical activity by tracking their steps, distance, workouts, calories burned, and sleep data using a wearable device. This approach of turning physical activity into an investment with financial rewards is unique and aims to motivate people to maintain a healthier lifestyle.

Blockchain technology, a distributed ledger system that allows for secure and transparent tracking and recording of transactions, provides a safe and decentralized way to track and reward users for their physical activity. This concept of "proof of movement" will help overcome some of the challenges associated with traditional fitness tracking systems, such as ensuring that users engage in physical activity and not just manipulating the data.

Using cryptocurrency as a reward for physical activity is also unique, as it allows for a more flexible and global way for users to find a reason to exercise and be incentivized. It's not only a way to encourage people to stay active but also to let them make money from it by turning their healthy lifestyle into a profitable investment.

Strategies for Achieving Mass Adoption:

1. Network effects: Encourage users to invite their friends and family to join the platform. As more people join, the platform becomes more valuable to everyone.
2. Partnerships and integrations: Partner with other companies, organizations, and projects to expand the platform's reach. For example, gyms or fitness equipment manufacturers make it easy for users to connect their physical activities to the platform.
3. Simplicity and ease of use: Making sure the platform is easy to use and accessible to people with a wide range of technical expertise.
4. Marketing and advertising: Invest in marketing and advertising to raise awareness of the platform and attract new users.
5. Building a strong community: Establish and foster a strong community of users around the platform. They are the first to spread the word and bring new users on board.
6. Focusing on solving a specific pain point: Tailor the platform to solve many people's problems and clarify how the platform addresses that problem.
7. Regulation compliance: Ensure that the platform complies with relevant laws and regulations to mitigate any regulatory risks and make it accessible to a more extensive user base.
8. Creating value: Finally, focusing on creating value for the users is essential. Providing valuable features, excellent customer service, and continuously improving the user experience.

It's worth noting that mass adoption is a complex and challenging to predict process, and the strategies that work for one platform may not work for another. But combining these strategies will help increase the reach and adoption of the GetFit mining platform.

GETFIT Activity Mining

GetFit is the first app that uses blockchain technology, smart contracts, and a specific algorithm to reward its workout-driven users with cryptocurrency for their physical effort. GFAM, GETFIT, and VROOM are three of the first tokens in the world that people can mine using their daily activities, steps, distance, calories burned, workouts, and sleep.

Stay active to earn; the more you move, the more you mine, and the more you make. All movements include but are not limited to walking, running, swimming, exercising, dancing, and traveling. The GeftFit concept to mine cryptocurrency is a shift in the mining process to personal activity, which is more eco-friendly and less energy-consuming than the typical mining process that requires powerful and specialized computer equipment.

Most people do physical activity for at least 1 hour per day, but what are they getting in return? Most pay for sports equipment, gym subscriptions, sports kits, healthy nutrition, etc. There are

also tens, maybe even hundreds of applications that count the number of steps or the physical effort these people make every day, but that's all. There is no concrete financial reward in money for their physical activity.

GetFit App is a new ecosystem where everyone can mine multiple tokens and the GetFit native tokens in exchange for working out. The rewarded tokens will be tradable and transferrable on international exchanges. Tokens can be used in our marketplace to spend on in-app gamification rewards, recharging, level-up, and gems, as well as marketplace gadgets, sports goods, sports nutrition, sportswear, online fitness, and more. It could be running, jogging, walking, outside or inside, or using a treadmill to play sports such as tennis, football, handball, etc.

GetFit Activity Mining Along With Smart Device Sensors

Sensors in smartphones, smartwatches, and fitness bands automatically capture your activity, movement, and information. GetFit uses this information to track your body movement and convert it into energy levels to determine your mining power.

GetFit mining uses NFT technology, connected to your wearable devices such as a smartwatch or fitness tracker, and operates daily activity and health tracking data to mine cryptocurrency.

GetFit mining uses data from Apple Health and Google Fit to track user's steps, distance, workouts, calories burned, and sleep to generate rewards in the form of cryptocurrency.

Using fitness data to mine cryptocurrency is an innovative approach that merges the fitness and crypto industries.

Fitness Activity Tracking

GetFit goes beyond just tracking steps and is a comprehensive fitness tracker that uses a variety of data points to calculate daily mining rewards.

This data calculates daily mining rewards based on a comprehensive view of the user's physical activity rather than just one aspect. Physical activity includes walking, running, swimming, traveling, and more through GPS, heart rate, and calories burned. It also tracks different intensity levels of exercise, like casual, moderate, and high-intensity training.

This comprehensive tracking capability allows GetFit to provide a more accurate and personalized experience for each user by allowing them to monitor and track various aspects of their physical activity and see the progress of the rewards they earn through mining.

For GetFit Mining to access a user's activity data from Google Fit or Apple Health, they will need to grant the app permission to access their health data. Here's a general overview of the process for each platform:
Google Fit:
   1.   Open the Google Fit app on your phone.

2. Tap on the menu button in the top-left corner of the screen.
3. Tap on "Settings."
4. Tap on "Google Fit data."
5. Tap on "Connected apps."
6. Look for GetFit Mining in the list of connected apps, and tap on it.
7. Toggle on the switch for "Steps" and any other data you want to share with GetFit Mining.

Apple Health:
1. Open the "Health" app on your iPhone.
2. Tap on the "Sources" tab at the bottom of the screen.
3. Tap on "GetFit Mining."
4. Toggle on the switch for "Steps" and any other data you want to share with GetFit Mining.
5. Users confirm they wish to allow GetFit mining to access their health data.

Once a user has permission, GetFit Mining can access the following read-only data: Steps taken to track your fitness progress.

Activity Mining High-Intensity Categories

Steps
Walking 10,000 to 20,000 steps per day has a range of health benefits. It can help to improve cardiovascular fitness, lower the risk of heart disease and diabetes, improve mental health, and promote weight loss. Walking can also help to improve muscle strength and flexibility and increase bone density. In addition, walking reduces the risk of certain types of cancer, such as breast and colon cancer. You can improve your overall health and well-being by walking 10,000 to 20,000 steps per day. It is important to remember that walking along with a healthy diet and other forms of physical activity will achieve optimal health benefits.

Distance
Several types of exercise involve distance activities, as they cover a significant distance over time. Some examples include:
1. Running: Running is a popular distance activity that involves moving forward by taking quick steps.

1. Walking: Walking is a low-impact distance activity that involves taking steps on foot at a leisurely pace.

1. Hiking: Hiking is a distance activity that involves walking over rough or uneven terrain, often in natural settings such as mountains or forests.

1. Biking: Biking is a distance activity that involves riding a bicycle over a distance.

1. Swimming; is a distance activity that involves covering a significant distance in a pool or other body of water.

1. Rowing involves using a rowboat or rowing machine to move forward by pulling on oars or handles.

1. Cross-country skiing: Cross-country skiing is a distance activity that involves using skis to travel over snow-covered terrain.

Regularly participating in these and other distance activities can improve your cardiovascular fitness, build muscle strength and endurance, and improve your overall health and well-being. It is important to choose activities that you enjoy and are appropriate for your fitness level and to consult with a healthcare professional if you have any concerns about your ability to participate in distance activities.

Workouts
You can improve your overall health and well-being by engaging in regular physical activity. Exercise has many health benefits, including enhancing cardiovascular fitness, strengthening muscles and bones, reducing the risk of chronic diseases such as heart disease and diabetes, and improving mental health. It is essential to consult with a healthcare professional before starting an exercise program, particularly if you have any health conditions or concerns.

There are many types of workouts that you can do at home, which can be a convenient and cost-effective way to stay active. Here are a few examples of exercises you can do at home:
1. Bodyweight exercises: Bodyweight exercises use your body weight as resistance using minimal equipment. Examples include push-ups, squats, lunges, and plank variations.

1. Yoga is a low-impact exercise involving a series of poses and breathing techniques. Many yoga programs are available online or on DVD at home.
2. Pilates: Pilates is a low-impact exercise focusing on core strength and flexibility. Pilates programs are available online or on DVD.
3. Cardio: Cardio workouts, such as jogging, cycling, or jumping jacks, can be done at home using a treadmill, stationary bike, or other equipment, or you can use your body weight to perform the exercise.
4. Strength training: Strength training involves using weights or other resistance to build muscle strength. You can use dumbbells, barbells, or other equipment or household items such as water bottles or bags of rice to provide resistance.

By incorporating a variety of workouts into your home exercise routine, you can improve your overall fitness and well-being. It is essential to consult with a healthcare professional before starting an exercise program, particularly if you have any health conditions or concerns.

Low-Intensity Mining Calories Burned
Calories are a unit of energy used to measure food and beverages' energy content. When you consume calories, your body uses them to fuel various functions, such as breathing, circulation, and physical activity. The number of calories your body burns daily is your total energy expenditure (TDEE).

Several factors, including age, gender, weight, height, and activity level, influence TDEE. For example, more active people tend to have a higher TDEE, as their bodies burn more calories to fuel their physical activity.

The balance between the number of calories you consume and the number of calories you burn is known as energy balance. If you consume more calories than you burn, you may gain weight, as your body stores the excess calories as fat. On the other hand, if you burn more calories than you consume, you may lose weight, as your body uses stored fat as energy.

Maintaining a healthy energy balance is essential for overall health and well-being. Consuming too many calories can lead to weight gain and increase the risk of chronic conditions such as heart disease and diabetes. On the other hand, consuming too few calories can lead to malnutrition and other health problems. Maintaining a healthy diet and engaging in regular physical activity help maintain a healthy energy balance.

There are several ways to burn calories and increase your total daily energy expenditure (TDEE). Here are a few examples:
1. Engage in physical activity: Physical activity is one of the most effective ways to burn calories. The type and intensity of the activity, as well as the duration, will affect the number of calories burned. For example, vigorous activities such as running or cycling will burn more calories than moderate activities such as walking or yoga.
1. Increase your activity level: Increasing your activity level overall can help to burn more calories. Activities include taking the stairs instead of the elevator or walking or cycling to work instead of driving.
1. Build muscle: Building muscle can increase your TDEE, as muscle tissue burns more calories than fat tissue. Strength training exercises that involve lifting weights or using other forms of resistance can help to build muscle.
1. Eat a healthy diet: Consuming a healthy diet rich in nutrients and low in empty calories can help support weight loss and increase calorie burn. Foods include fruits, vegetables, whole grains, lean proteins, and healthy fats.

Incorporating these strategies into one's lifestyle can increase calorie burn and improve overall health and well-being. It is essential to consult with a healthcare professional before starting any exercise program or making significant changes to your diet, particularly if you have any health conditions or concerns.

Sleep
Sleep is essential to overall health and well-being, as it helps repair and restore the body and mind. During sleep, the body produces growth hormone, which helps to repair and regenerate tissues, and the brain consolidates memories and processes information.
Lack of sleep or poor sleep quality can negatively affect health. It can impair cognitive functions, such as memory, concentration, and decision-making, and it can increase the risk of accidents and injuries. In addition, lack of sleep can contribute to various health problems, including obesity, diabetes, heart disease, and stroke.

Sleep also affects energy levels. During sleep, the body recharges and replenishes energy stores, so getting enough sleep can help to improve energy and alertness during the day. Lack of sleep, on the other hand, can lead to fatigue and decreased energy levels.

Establishing a regular sleep schedule can help you get the recommended amount by creating a relaxing bedtime routine and a comfortable sleep environment. It is also essential to avoid screens and other bright light sources before bed, as they can interfere with sleep. If you have trouble sleeping, you must consult a healthcare professional to determine the cause and receive appropriate treatment.

GetFit mining requires an NFT band and a dApp wallet to connect to the app for activity data tracking purposes. Each user will download the app from the google play store or the apple app store. A setup process involves permitting google fit and apple health to share your activity data for mining purposes. GetFit does not share your data, nor does GetFit store your data.

Once the app is downloaded and set up, users can begin tracking their activity and earning mining rewards. The NFT band, or wearable device, is used to track steps, distance, and other physical activity data, transmitted to the app via the Dapp wallet. The Dapp wallet is a secure digital wallet that allows users to store and manage their cryptocurrency and track their mining rewards.

Users can earn mining rewards by meeting specific activity goals, such as several steps or distance traveled. The rewards in the form of cryptocurrency are distributed, claimed, and sent to the user's Dapp wallet for various purposes, such as buying goods and services or trading on cryptocurrency exchanges.

GetFit Virtual NFT Miner

1. Every activation will have an NFT Virtual Activity Band (VAD) representing your NFT on the blockchain.
2. Each NFT minted creates a unique one-of-a-kind virtual NFT band with its unique attributes; no two VADs are the same.
3. Levels of mining rarity include common/primary, uncommon/ultra, rare/alpha, ultra-rare/ omega, and 25 Legendary bands.
4. A person can own an unlimited number of VADs—one band linked to a supported fitness tracking device/wearable through the GetFit mining app.
5. People can rent their virtual NFT mining bands to others and share in the band's mining.
6. The person renting out their band will be able to disconnect and claim back their band if the person renting it does not perform. They are allowing the owner to rent to another who will complete the.
7. The person with multiple bands determines the mining split or shared percentage of mining and will have a marketplace to list their bar for use/rent.

Minting NFT Bands and NFT Vehicles

The process of minting NFT bands for GetFit mining is unique and innovative. There are no two bands that are exactly alike. We do not pre-mint our NFTs. We are ensuring that every NFT is genuinely unique and one-of-a-kind.

During our pre-launch stage, NFTs require Binance Coin (BNB) as the primary minting currency, allowing us to ensure that our NFTs are accessible to a wide range of users, even before the launch of our tokens on the exchange.

However, once we launch our tokens on the exchange, GetFit tokens will be used to mint the NFT bands, and Vroom tokens will be used to mint the NFT cars. Our community can mint NFTs using the tokens they have earned through mining, creating a closed-loop ecosystem where mining and minting are closely tied together.

This minting process is an integral part of the gamification and competition of the GetFit Mining platform, as the rarity and uniqueness of the NFTs will play a significant role in their value and desirability.

How Do You Mine Tokens With GetFit?

Using the GetFit app to mine cryptocurrency involves tracking users' physical activity using wearables, such as a smartwatch or fitness tracker, connected to a staked VAD and then converting that activity data into mining shares using the GetFit proprietary algorithm. GetFit uses the data from the wearable or smartphone to count steps; distance traveled, workouts, calories burned, and sleep to generate rewards in the form of cryptocurrency. GetFit uses this data to create a "proof of movement" to validate that the user has performed the physical activity.

The mining process is through a pool, where the mining power of several users is combined, and rewards on the mining shares earned from their daily activities and distributed accordingly.

GetFit Mining Submit Activity Data

In GetFit Mining, users can submit their daily activity data by linking their Google Fit or Apple Health account to the app. Once the account is linked, the app will automatically track and record the user's activity data.

The app will then use this data to determine the user's activity level and reward them accordingly based on the mining level of NFT, the element, and the attributes of their NFT. Users can view their activity data and rewards in the app's dashboard. To allow Google Fit or Apple Health to share data with GetFit Mining, the user will need to grant permission for the app to access their health and fitness data within the settings of their Google Fit or Apple Health account.

The user will go to the app's earnings page and submit their daily activities. Activity is on a 48-hour counter before those mining shares expire.
There is a smart chain mining fee of .0021 BNB
There is an in-app processing fee of .0016 BNB

Currently, the app will cost a user roughly $18.90 at the current BNB price value of $302 to mine 9+ crypto tokens.

GetFit Mining Claim Token Rewards

To claim their mining shares, users must open the GetFit Mining app and navigate to the "Rewards" or "Claim" section on the earning page. Here, they can view their activity data for the two-day submission and see how many mining shares they have earned. Users will then have the option to "Claim" their shares, adding them to their external wallet balance.
Mining fees vary per user based on the number of token rewards they claim. Claims never expire, so it is unnecessary to claim daily, minimizing the costs required for mining if a user only claims weekly or monthly.

GetFit Mining Dock

The GetFit Mining dock is an innovative new feature allowing users to mine crypto with multiple NFT bands and cars. As users stake more NFTs, the mining dock will expand to allow more bands to mine simultaneously. They are creating a strong incentive for users to share the app and help to reach milestones. Once a milestone is reached, such as 3,000 NFT bands staked, users can increase the number of bands or cars they can mine at once. With each milestone achieved, the mining dock will expand to allow more NFTs to dock and mine.
At the highest milestone of 35,000 NFTs staked, users can dock 10 NFTs simultaneously mining. This feature increases the user's earning potential and keeps them motivated to continue mining as the user base expands. After reaching this milestone, the mining dock will extend in increments of 10 NFTs for every 35,000 staked NFTs allowing for steady growth in the user's earning potential and creating a sense of community as users work together to reach milestones and expand the mining dock.

Mining Dock NFTs Staked Milestones

NFTs Staked	Total Bands In Mining Dock
Up to 4,999	2
5,000	3
7,500	4
10,000	5
12,500	6
15,000	7
20,000	8
25,000	9

35,000	10
70,000	20
100,000	30

Repairing GetFit Mining NFT Bands and Cars

The GetFit Mining app includes a unique feature where users can mine crypto using their NFT bands and cars. However, like any equipment, these NFTs can wear out over time and lose their mining efficiency. To ensure that users can continue mining at optimal levels and earn the most rewards, GetFit Mining has implemented a repair mechanism for the NFT bands and cars.

As users engage in different activities, the mining efficiency of their NFTs will decrease at different rates, from 1% to 5% per day. Eventually, the NFTs may reduce efficiency to 0%. Users can repair their NFTs by paying GFAM tokens to maintain the highest efficiency. The amount required for repair will depend on the level and quality of the NFT, with higher level and quality NFTs requiring more GFAM.

The GetFit Mining app also includes NFT Resilience stats for level 2, level 3, and level 4 miners. The higher the resilience, the slower the durability decay. Users should aim to repair their NFTs before their durability goes below 50% to avoid losing mining efficiency.

This feature is part of the GetFit Mining app's gamification and helps keep the app competitive as the user base and community grows. By encouraging users to repair their NFTs, the app ensures that everyone can earn the most rewards and continue to mine at optimal levels.

GetFit Challenges and Events

GetFit is a project that strongly believes in the power of giving and community building. That's why we have included a feature in our app that enables users to create events for charity and fundraising. These events can be for corporations, individuals, and other charitable causes. Our app allows for global participation, unlike most events that are limited to people in their geographical location. People can join the event, participate, and choose to donate all or a portion of their mined rewards. This feature is an excellent way to help people make a positive impact in the world and to make a difference in the lives of others. By allowing users to create events for charity and fundraising, we are helping to build a community focused on personal gain, giving back, and making a difference in the world.

Creating a challenge in the GetFit app and offering a token reward to the winner incentivizes users to be more active and engage with other users.

Types of Challenges That Users Could Create
Some examples include:

1. Step Challenge: A challenge where participants track their daily step count and compete to see who can take the most steps in a certain period.

1. Distance Challenge: A challenge where participants track the distance they cover while running, walking, cycling, or swimming and compete to see who can cover the most distance in a certain period.

1. Weight Loss Challenge: A challenge where participants track their weight loss progress and compete to see who can lose the most weight in a certain period.

1. Strength Challenge: A challenge where participants track their strength progress by tracking their reps and sets and compete to see who can perform the most reps or sets in a certain period.

1. Yoga Challenge: A challenge where participants track the number of yoga classes they attend and compete to see who can attend the most classes in a certain period.

1. Endurance Challenge: A challenge where participants track the number of minutes or hours they spend exercising each day and compete to see who can exercise the longest in a certain period.
2. Virtual Race Challenge: A challenge where participants track their progress and compete with others to see who can complete the race in the fastest time will be the winner.

1. Charity Walk/Run Challenge: Participants track the distance they cover while walking or running and compete to see who can cover the most distance in a certain period and the funds raised donated to charity.

The idea that users can create a challenge and invite others to participate, and the creator of the challenge can offer a token reward, is a unique and fun way to engage the users.

The challenge creator can set the details of the race, including the start time, and specify the token reward for the winner, which goes into the challenge wallet. Using GPS tracking to monitor the distance and determine the race's winner would help ensure that the challenge is fair and that the winner is selected based on their performance.

It allows races to take place on opposite sides of the globe, which would help increase engagement and competition among users. And once the race completes, the winner will receive the tokens won as specified in the challenge, motivating the users to participate in more challenges and try to win more rewards.

In addition, using GetFit challenges to create fundraisers and donate to charities is a great way to use the mining rewards generated by users' physical activity to impact the world positively.

Using the mining rewards generated by the user's movement and activity to make charitable donations would allow the users to contribute to a good cause while staying active and healthy. The fundraising challenge could be for a specific charity or reason, and the users could compete to see who can raise the most funds through their physical activity.

This approach would also raise awareness about different causes and charities, and users would have the opportunity to learn more about the organizations they are supporting and the impact their donations are making. Create a sense of community and engagement among the users and the charities by making the process interactive and rewarding.

GetFit NFT Activity Band Leasing

The concept of leasing vs. minting is unique and innovative to give GetFit users the option to mint an unlimited number of NFT VADs and lease them out to other users to increase their mining rewards.

GetFit is positioning the NFT VADs as "digital real estate," which is a way to generate passive income by renting out your NFT. This feature could make the NFTs more valuable and versatile by giving users an additional use case for their bands.

It's an innovative way to create more utility and value for the users, fostering the adoption and usage of NFTs.

The idea is that the owner of the NFT VADs can stake their NFT, and the person leasing the band will connect to the owner's staked band to allow the owner to set the mining parameters, and the person leasing the band can participate in the mining process. The mined tokens will distribute according to the parameters set by the owner of the NFT.

The leasing feature allows for unlimited mining capabilities, as the owner of the NFT VADs could mine one NFT while leasing out 99 NFT Activity bands and sharing the mining rewards with 99 others to allow the owner to maximize their mining rewards and enable other users to participate in the mining process and earn rewards while not owning an NFT.

It's a concept that benefits the users by allowing them to share the rewards and increase their earning potential while they stay active.

GetFit Airdrop For New and Established Blockchain Projects

The airdrop process can present several challenges for projects and recipients. Concerns about pump-and-dump schemes, dusting attacks, phishing attempts, and tokens needing to be abandoned and reaching an engaged audience.

A pump-and-dump scheme is a fraudulent practice where the creators of a token artificially inflate the price of the Token by hyping it and then selling their holdings at a profit, causing the price to crash.

A dusting attack is a tactic where a small amount of cryptocurrency is sent to an unsuspecting user's wallet to erode their privacy. Then the attacker tracks down the transaction activity of the wallet to de-anonymize the person or company operating the wallet.

Phishing attempts can be difficult to detect as scammers often use tactics like airdropping fictitious tokens into an investor's wallet to prompt them to visit a fake website and steal personal information.

GetFit Airdrop Solution

The peer-to-peer community in crypto projects plays a crucial role in the success of any crypto project. Through these communities, awareness, and interest build and become adoption driven. The more people are aware of a project, the more likely it is to succeed. Additionally, by building solid crypto communities, individuals can expand their crypto portfolios by being introduced to new projects and opportunities.

The GetFit airdrop engine is a powerful tool that helps to build stronger crypto communities and drive the success of different crypto projects. With the GetFit airdrop engine, we are bringing these communities together by connecting individuals across various crypto projects. By bringing people together, we are increasing the reach and impact of each project. The power of numbers harnessed as a larger community can drive more awareness and adoption. Moreover, by embracing the power of numbers, we are fostering a sense of collaboration and collective success among the crypto community.

GetFit's airdrop platform is an innovative way for new and established projects to gain visibility and attract users while incentivizing users to continue using the GetFit app. GetFit offers a unique airdrop platform for new and established projects, allowing users to mine all tokens in the airdrop along with the native tokens, GetFit, GFAM, and Vroom, which are utility tokens for the GetFit mining application.

Users can mine various tokens through the app without purchasing or investing money. It's a way to encourage users to stay engaged with their fitness and to learn more about new projects and tokens.

Using native tokens, GetFit, GFAM, and Vroom, as utility tokens for the app would also benefit users as it would provide them with additional ways to use the tokens and potentially increase their value.

GetFit Activity Mining

GetFit mining uses the Google Fit and Apple Health platforms to track user activity data. When a user connects their account with Google Fit or Apple Health, GetFit Mining can access and read data on their physical activity; the data used is steps taken, calories burned, distance, workouts, and sleep.

GetFit mining uses this data to assign rewards to users based on their level of physical activity. Rewards claimed are distributed in crypto tokens; the more active users are, the more tokens they can earn. For example, a user who takes 10,000 steps daily will mine more rewards than a user who only takes 5,000 daily. GetFit mining does not share the user's data with 3rd parties.

GetFit VAD Merging

The NFT activity band in GetFit offers additional functionality compared to similar products on the market. Combining two devices into one, the NFT band aims to be a "supercharged" device, making it more appealing to users.

Regarding the supply-demand dynamic, the NFT bands work to reduce the total supply by merging two VADs into one hybrid miner. GetFit uses the merging feature, unlike other apps using the breeding feature. GetFit's merge feature will increase the demand for the NFT bands as the supply decreases.

GetFit NFT Merging is a unique feature that combines the concept of NFTs with mining efficiency. It creates a hybrid miner that mines at a higher efficiency, resulting in more token rewards to users. NFT bands have different levels of mining efficiency; the Primary band mines at 100% efficiency, the Ultra at 125%, the Alpha at 175%, and the Omega at 200% efficiency. With continued daily activity achievements, the Omega mining power can increase to 1000%, encouraging users to reach higher workout goals.

The GetFit NFT Merging feature is a revolutionary approach combining the best of NFTs and mining to create an efficient and rewarding user experience. This feature rewards users for their fitness efforts. It creates an incentive to continue pushing themselves to achieve more outstanding results, increasing the adoption of the device and making it more valuable over time.

GetFit Sales Rewards

GetFit mining offers a comprehensive commission structure that caters to the different preferences of salespeople. Direct sales Inviter Rewards and our partnership contracts are ideal for influencers, project owners, and those with a large following who can do large-scale marketing. This contract pays royalties to individuals who can drive significant awareness and interest in the GetFit mining opportunity. GetFit mining offers a flexible and rewarding compensation plan that allows salespeople to earn crypto rewards based on their unique strengths and preferences. All sales are computed and paid through smart contracts, so you always get paid; all sales royalties pay in real-time on the blockchain.

Direct Sales Inviter Rewards

GetFit uses a referral or invitation rewards system to incentivize users to spread awareness about the project and bring new members to the community. The rewards for this are managed through a smart contract and are distributed instantly upon the completion of specific actions, such as inviting new members. This strategy builds a solid and engaged community, giving users a direct financial incentive to participate in the project's growth. The percentage of rewards can vary depending on the product and products sold.

Partnership Royalty Contracts

GetFit mining has now introduced partnership contracts that allow crypto projects and influencers to promote the GetFit Mining app to their followers and earn royalties.

Under these partnership contracts, partners choose a promo code running full-price or discounted promotions on the minting of the GetFit mining bands to their followers. They will receive royalties on any downloads that use their promo code, in-app actions, and purchases made by users who used the promo code. These actions may include minting NFTs, staking NFTs, submitting daily activities, claiming activity mining shares, purchasing mystery boxes, leveling up through arenas, and challenges.

The partnership contracts are individual smart contracts that track and pay royalties in real-time. This an excellent opportunity for crypto projects and influencers to earn cryptocurrency and encourage their followers to lead healthier and more active lifestyles.

GetFit Mining Tokenomics

GetFit Mining's tokenomics support long-term growth and sustainability for our community. Our token supply is limited, ensuring that the value of our tokens will increase as demand for our NFTs and services increase. Our unique NFT mining bands, airdrop engine, and leasing features make it a one-of-a-kind experience. Additionally, our low Token supply, coupled with high utility, ensures that there will always be a healthy demand for our tokens on the market.

GFAM Tokens

GFAM Contract Address:
0x772b609D3A8F2Ebe1c1b8F87EBda2e462eC475F8
Total GFAM Tokens:
3,000,000,000

Total GFAM Mined Tokens Through Activity Rewards
One hundred million tokens per year are released into circulation by deposit into the GetFit airdrop and rewarded based on the user's daily activity.

Total GFAM Daily Mining Rewards:
273,972
Total GFAM Tokens Liquidity Pair GFAM/BUSD
1,000,000
Total GFAM Tokens Sold on Marketplace
9,000,000
Total Circulation: Liquidity and Marketplace
10,000,000

GFAM Utility Token
In-app purchases (IAP) are digital goods, services, or content within the GetFit application that runs on your smartphone. Users can purchase gem upgrades; energy boosts to reach maximum mining bonus efficiency. Leveling up through the arenas to get the hall of fame, upgrade abilities, NFT band leasing, challenges, events, fundraising and marketplace merchandise, and more.

GFAM Burning Mechanics (Destroying)

GFAM is burned by:
1. Repair and restore
2. Energy Boosts to reach maximum mining efficiency
3. Leveling up through arenas to the Hall of Fame
4. Gem upgrade
5. Opening Mystery Box
6. NFT wearable band enhancement
7. Leasing Bands
8. Creating and joining challenges
9. Creating and joining events
10. Creating and Joining Fundraising
11. Marketplace Merchandise

GetFit Token

GETFIT Contract Address:

0xAbf7CCf49E68f401a0Da18d4E5e621d7aEB67602

Total GETFIT Tokens: **100,000,000**

GetFit Tokens Mining Schedule

Token Release by Year			
1	4,000,000		
2	4,000,000		
3	4,000,000		
4	5,000,000		
5	7,000,000		
6	9,000,000		
7	11,000,000		
8	13,000,000		
9	15,000,000		
10	17,000,000		
	89,000,000		

Total GETFIT Mined Tokens Through Activity Rewards
One million tokens per year are released into circulation by deposit into the GetFit airdrop and rewarded based on the user's daily activity.

Total GETFIT Tokens Liquidity Pair GETFIT/BUSD
100,000

Total GETFIT Tokens Sold on Marketplace
900,000

Total Circulation: Liquidity and Marketplace
1,000,000

GETFIT Utility Token
In-app purchases (IAP) are digital goods, services, or content bought in the GetFit app on your smartphone device.

GETFIT Burning Mechanics (Destroying)

GETFIT is burned by:
1. Minting the NFT Mining Band
2. Merging two Primary Bands For an Ultra Mining Band
3. Merging two Ultra Bands for an Alpha band
4. Merging two alpha bands for an omega band
5. Gem upgrade
6. NFT wearable band enhancements
7. Marketplace Merchandise

Vroom Token

Vroom Contract Address:
0x3414959E07090D627b325E6550f81eb91b338505

Total Vroom Tokens:
50,000,000

Total Vroom Mined Tokens Through Activity Rewards
One million tokens per year are released into circulation by deposit into the GetFit airdrop and rewarded based on the user's daily activity.
Total Vroom Tokens Liquidity Pair VROOM/BUSD
100,000
Total Vroom Tokens Sold on Marketplace
900,000
Total Circulation: Liquidity and Marketplace
1,000,000

VROOM Utility Token
In-app purchases (IAP) are digital goods, services, or content bought in the GetFit app on your smartphone device.

VROOM Burning Mechanics (Destroying)
1. Minting the NFT Vehicle Band
2. Merging two Primary Charged Vehicles For an Ultra Charged Vehicle
3. Merging two Ultra Charged Vehicles for an Alpha Charged Vehicle
4. Merging two alpha Charged Vehicles for an omega Electric Charged Vehicle
5. NFT Vehicle upgrades
6. NFT Vehicle enhancements
7. NFT Vehicle Repairs
8. NFT Car Wash & Wax
9. Marketplace Merchandise

GetFit is positioning its NFT activity band as a leader in the "Move2Earn, Play2Earn, Travel2Earn" space. The GetFit NFT can turn everyday activities into earning opportunities, allowing users to mine the crypto by being active. This concept makes earning cryptocurrency more engaging and accessible to a broader range of people by connecting real-world activities to blockchain-based rewards. It is a new way of creating the potential for earning cryptocurrency.

The gamification aspect of the app will be shared soon and include gems used to boost, level up, and restore energy and displayed on the bands adding more value and unique attributes to the NFT Metadata.

Explore and become familiar with the GetFit Mining App.

Protect Your Assets
The first thing you will want to do is to create a password for your internal wallet. You will use this internal wallet for all in-app purchasing.

Tap on the red padlock in the upper right-hand corner of the screen; you will see a pop-up asking you to create a password. Please do not share this password, as it is protecting your assets inside your GetFit Mining app.

Find Your Internal Transaction Fee's Wallet
The wallet icon on the top right-hand corner of your screen is where you access your internal wallet and can read the external wallet tokens you are holding.

To add BNB to your internal transaction fees wallet, you will click on copy address and copy it to your device's clipboard. You then go into the external wallet app and paste this address to send BNB when you need to cover submissions, claims, and any other in-app purchases you make.

Find Your External Read Only Wallet Where Your Mining Tokens Rewards are Transferred

GetFit mining does not access your external wallet at any time for your protection and the security of your assets. We ask you to link your wallet for read-only purposes and deposit the mining rewards you have earned from the daily activities you submit.

To access this wallet, swipe left from your internal wallet page, and you will see the read-only external wallet that you linked with when you set up the GetFit Mining app. Tap the arrow at the top left-hand side of your device's screen to return to the app's home page.

How To Disconnect an External Wallet

Tap on the three lines on the top left-hand side of your device's screen to access the GetFit Mining Menu, scroll down to the bottom of the menu, and see "Disconnect Wallet." Tap Disconnect wallet, and your wallet will be disconnected.

How to Connect an External Wallet to GetFit Mining

Tap the wallet icon on the top right-hand side of your device's screen, and a QR reader will pop up. You can scan your wallet's QR code or copy your external dApp wallet address and paste it into the wallet address field. Once you have pasted the wallet address into the wallet field, GetFit Mining automatically links and takes you to the home page.

Protect your internal wallet with a strong password of your choice. Your internal wallet is successfully locked when the padlock turns yellow to green.

GetFit mining uses an internal wallet for in-app actions. A user will link their external wallet to the internal wallet. removing the need to use a third-party system. This internal wallet is password protected and only holds the tokens used for internal transacting. The external wallet is for read-only purposes, and all token rewards are sent automatically to the external wallet. No container within the app holds these tokens, so a user is not required to make a transfer.

Explore the Home Page

The first scrolling rotator displays your daily activities; if the counter still needs to be updated, please swipe down on the screen to refresh the page and the counters. Here you will see feet to represent steps, a flame to describe calories burned, both basil and active, a flag on a mound to represent distance traveled while walking, running, cycling, etc.., a body that describes your workout time, and a bed that describes your time asleep.

Each Mining Category has a daily Maximum

Steps: 20,000
Calories Burned: 4,000 both basil and active
Distance: 10 Miles
Workouts: 120 Minutes
Sleep: 8 Hours

The second scrolling rotator displays the tokens you mine with your daily activities. You can tap each token logo to be taken to the project website to learn more about the tokens and how you can earn additional revenue by participating in each project.

You will also see these tokens listed in your external read-only wallet, and if you click on the icon in the external read-only wallet, a pop-up will appear with each of the tokens' contract wallet addresses.

Importing the Mined Tokens to Your External Wallet

Once you have copied a token's contract wallet address, you will go to whatever wallet app you use and import the Token. Each Dapp wallet will ask for the contract wallet address, you will paste the contract address into the appropriate field, and the wallet will determine the tokens symbol and decimals. You will click approve or import, depending on your wallet platform.

Once you import the tokens to the wallet, the tokens and the balance will appear under your assets section of the wallet.

News

News is on the home page; you must scroll down to see this section.

Daily Activity Listed

Daily activities are viewable on the home page below the news.

Finding Your Digital Assets, The NFT Band (NFT Vehicles Coming Soon)

You will see a menu at the bottom of your device's screen; there are home, dashboard, store, earning, and NFT buttons. NFTs are on the dashboard of the GetFit Mining app.
Each band will list your NFT ID, the wallet that owns the NFT, and an image of your NFT.

To view your NFT, tap on the band, and the 3D interactive NFT will open. You will see the type of band you have, the element of your band, the mining category elements, and the primary and secondary colors of your band. Here you will see a slider to activate the NFT if you want to stake a different band to mine.

Tap the arrow in the upper right-hand corner of your device to return to the dashboard to explore your other NFT bands.

Tap the arrow in the upper right-hand corner to return to the home page of the GetFit Mining App.

Staked Bands

The watch icon on the bottom menu will be green if you have an NFT staked and mining. If you do not have an NFT staked and mining for you, that icon will be white.

How to Stake and UnStake an NFT Band

Each NFT has different attributes and earns bonuses. Be sure you use the best of your NFTs to mine with the highest efficiency. Please tap on the dashboard, and select the NFT with which you want to stake and mine. You will see a bar in the middle of the page that says "Active NFT" with a slider on the right-hand side. Tap the slider to activate the NFT, and you will see a pop-up that requires you to click "Activate" there is a mining fee on the smart chain to stake the NFT in the Staking Smart Contract and an in-app staking fee.

If you want to change NFT bands that are mining, it is not required to un-stake the NFT; you have to select the NFT you like to switch to and activate that NFT.

You can stake a different NFT before claiming your mining rewards; you do not lose those claims attached to other NFT mining bands. If you have rewards to claim, you will see a number in the right-hand corner of the NFT on the dashboard to remind you to stake that band to claim your rewards.

Locate Your Staked NFT That is Mining For You

On the bottom right-hand corner of your device's screen, you will see a green icon in the shape of a circle with a watch inside.

The GetFit Mining Store

You will find the store icon at the bottom of your device's screen.

Submit Your Activity

You will find the "Earning" icon on the bottom of your device's screen. Tap on earning to go to the submission and claims page. Due to time zones and being in hundreds of countries across the globe, we have a two-day delay on reward claims.

To submit your activity, tap on the date within the green container you submit; a pop-up will appear, asking you to approve the mining and in-app submit fees.

When you have successfully submitted your activity, the activity container will turn from green to red and appear below in the mining rewards section of the page.

How are the Mining Shares Distributed

Every 24 hours, the mining rewards distribute to claims. Because of the global time zones, we have a 48 delay. Mining ends for the daily activities based on your time zones at midnight. All

activity mining shares calculate every 24 hours—the number of tokens allotted for each day divided by the number of mining shares and distributed accordingly.

Claiming Your Mining Rewards

Once the two-day delay has expired, you will see the claims container turn from yellow when there are no active claims to green when you have active claims. The green claims container will display the days available to claim and the number of shares you are claiming. There is no expiration on claims. You can claim daily, weekly, monthly, or yearly. It does not matter the time frame that you claim. Only the submission of activity has an expiration time. There is a mining and in-app fee to claim your mining rewards. If you want to save on this fee, you can let your claims add up and claim them less frequently.

In-App Settings

Click on the three lines on the upper right-hand corner of your device's screen. Tap on settings to go to the settings page.

App Display Mode

Tap light if you prefer your app to be bright
Tap dark if you like your app to be dark

Receive Notifications

Notifications are coming soon, and if you want to receive news, you will toggle the button to turn on receive notifications (currently disabled and coming soon).

Health Data

For the GetFit Mining app to properly track steps, calories, distance, workouts, and sleep should be available. You will only receive all the mining category shares if the proper permissions are allowed to access this data.

Data Source

Depending on how you have set up your smartphone and if you are using a wearable that tracks your activity or an app such as pillow will be listed in this section. If you are using a wearable, the name you gave your wearable or the brand of your wearable, and for the most efficient mining, should be the device you choose and toggle on. If you are not using a wearable or an app, GetFit will automatically use your smart device to track your activity.

In conclusion, GetFit mining is a revolutionary app that combines the power of fitness and crypto to motivate individuals to break free from their sedentary habits and start moving. The app rewards users for their steps, distance, calories burned, workouts, and sleep with crypto activity mining shares, making it possible for individuals to earn multiple crypto tokens while they improve their health and fitness. GetFit mining is flexible and adaptable to the user's needs, making it easy and accessible for people to start moving and improving their fitness levels. With

the added benefits of a community of like-minded individuals, challenges and events to stay motivated, and a leasing feature to monetize your NFTs, GetFit mining is the ultimate tool to help you achieve your fitness and crypto goals. Thank you for considering GetFit mining, and we look forward to helping you reach your fitness and financial goals.

The application is available for Android and iOS. GetFit plans to optimize its in-game features and launch on several other chains.