



GetFit Mining

Lite Paper

LEGAL DISCLAIMER	5
Abstract	5
GetFit Mining Use Cases	6
GetFit is Promoting Healthier Lifestyles	8
GetFit Initiative	8
What Makes GetFit Unique?	9
Self-Sustaining Ecosystem	10
Stability and Sustainability of the GetFit Mining Ecosystem	13
Strategies for Achieving Mass Adoption:	16
GETFIT Activity Mining	17
GetFit Activity Mining Along With Smart Device Sensors	18
Fitness Activity Tracking	18
Activity Mining High-Intensity Categories	19
Low-Intensity Mining Calories Burned	21
GetFit Virtual NFT Miner	23
Minting NFT Miners and NFT Vehicles	23
How Do You Mine Tokens With GetFit?	24
GetFit Mining Submit Activity Data	24
GetFit Mining Claim Token Rewards	25
GetFit Mining Dock	25
Mining Dock NFTs Staked Milestones	25
Repairing GetFit Mining NFT Miners	26
GetFit Challenges and Events	26
GetFit NFT Activity Miner Leasing	28
GetFit Airdrop For New and Established Blockchain Projects	29
GetFit Airdrop Solution	29
GetFit Activity Mining	30

GetFit VAD Merging	30
GetFit Sales Rewards	31
Direct Sales Inviter Rewards	31
Partnership Royalty Contracts	32
GetFit Mining Tokenomics	32
GetFit Activity Mining (GFAM) Tokens	32
MoveQuest (MQT) Tokens	33
Vroom Token	35
Protect Your Assets	36
Find Your Internal Transaction Fee's Wallet	36
Find Your External Read Only Wallet Where Your Mining Tokens Rewards are Transferred	36
How To Disconnect an External Wallet	37
How to Connect an External Wallet to GetFit Mining	37
Explore the Home Page	37
Each Mining Category has a daily Maximum	37
Importing the Mined Tokens to Your External Wallet	38
News	38
Daily Activity Listed	38
Finding Your Digital Assets, The NFT Miner (NFT Vehicles Coming Soon)	38
Staked Miners	39
How to Stake and UnStake an NFT Miner	39
Locate Your Staked NFT That is Mining For You	39
The GetFit Mining Store	39
Submit Your Activity	39
How are the Mining Shares Distributed	40
Claiming Your Mining Rewards	40

In-App Settings	40
App Display Mode	40
Receive Notifications	40
Health Data	41
Data Source	41

LEGAL DISCLAIMER

The GetFit tokens are not intended to constitute securities in any jurisdiction and shall not constitute securities. This Lite Paper does not include a prospectus or offer document. The Available Information does not constitute an offer of securities or a solicitation for investment in securities in any jurisdiction.

GetFit Technology does not offer advice on purchasing, selling, or transacting with tokens. Likewise, the presentation, publication, or communication should not form the basis of or be relied upon in any contract or investment decision.

In general, the prices of cryptographic tokens are volatile and can fluctuate significantly over short periods. The demand for and the corresponding market price of GetFit may fluctuate significantly and rapidly in response to, among others, the following factors, some of which are beyond the control of GetFit Technology:

1. New technical innovations;
2. Analysts' speculations, recommendations, perceptions, or estimates of the Token's market price or the project's financial and business performance;
3. Changes in market valuations and token prices of entities with businesses similar to that of GetFit that may list on the same cryptocurrency exchanges or markets as the Tokens;
4. Announcements by the project of significant events, for example, partnerships, sponsorships, or new product developments;
5. Fluctuations in market prices and trading volume of cryptocurrencies on cryptocurrency exchanges or markets;
6. Additions or departures of key personnel of the project;
7. Success or failure of the project management in implementing business and growth strategies
8. Changes in conditions affect the blockchain or financial technology industry, general economic conditions, market sentiments, or other events or factors.

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

GetFit Mining is an innovative platform that combines fitness and blockchain technology to incentivize physical activity through cryptocurrency mining. Here are some key use cases for GetFit Mining:

1. Fitness and Health Incentivization

Gamified Fitness: GetFit Mining turns physical activities like running, cycling, and walking into a gamified experience. Users earn cryptocurrency rewards for completing fitness challenges, motivating them to stay active and improve their health.

Personalized Fitness Plans: The platform will offer personalized fitness plans based on user data, tracking progress and adjusting goals to ensure continuous improvement and engagement.

2. Cryptocurrency Mining

Proof of Physical Activity (PoPA): Unlike traditional mining, which requires computational power, GetFit Mining uses Proof of Physical Activity, which is recorded to blockchains to validate the users' physical activities that have been verified through wearable devices, smartphones, fitness apps such as Google Fit, Health Connect, and Apple Health, converting their exercise into cryptocurrency rewards.

Environmentally Friendly: By shifting mining efforts from energy-intensive processes to human physical activity, GetFit Mining promotes an eco-friendly approach to cryptocurrency generation.

3. Community and Social Engagement

Fitness Communities: GetFit Mining fosters the creation of fitness communities where users can join groups, compete in challenges, and share their progress. This social aspect enhances user motivation and engagement.

Leaderboards and Achievements: The platform will feature leaderboards and achievement systems that recognize and reward users for their efforts, encouraging healthy competition and community interaction.

4. Corporate Wellness Programs

Employee Health Initiatives: Businesses can integrate GetFit Mining into their corporate wellness programs. Employees participate in fitness challenges and earn rewards, promoting a healthier workforce and potentially reducing healthcare costs.

Incentive Structures: Companies can create custom incentive structures, offering additional rewards or benefits for achieving specific fitness milestones, thus boosting employee participation and satisfaction.

5. Charitable Activities

Fundraising through Fitness: Users can donate their earned cryptocurrency to charitable causes. GetFit Mining can partner with non-profits and charities to create fitness challenges where proceeds benefit specific initiatives.

Community Service: Fitness events organized by users of the GetFit Mining community can create events that combine physical activity with social good

7. Marketplace Integration

Fitness Products and Services: GetFit Mining will include a marketplace where users can spend their earned cryptocurrency on fitness-related products and services, such as workout gear, nutritional supplements, and fitness classes.

Partner Discounts: Partnerships with fitness brands and service providers can offer users exclusive discounts and deals, adding value to their earned rewards.

8. Enhanced User Engagement through Technology

Wearable Integration: The platform integrates with wearable fitness devices (e.g., smartwatches and fitness trackers) to accurately track and verify physical activities.

Mobile App Features: A comprehensive mobile app provides users with easy access to their progress, rewards, community features, and personalized fitness plans.

GetFit Mining aims to revolutionize how people approach fitness by merging it with the growing cryptocurrency world. By incentivizing physical activity through tangible rewards and fostering a supportive community, GetFit Mining promotes healthier lifestyles and introduces a novel and sustainable approach to cryptocurrency mining.

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 a 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 essential for 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 stands out with its innovative use of blockchain technology. GetFit Mining is a complete self-sustaining ecosystem that adds an economic dimension to the fitness app market by incentivizing users to stay active. This platform employs a cryptocurrency mining process that rewards users for their physical activity. By tracking steps, distance, workouts, calories burned, and sleep data through a wearable device, GetFit turns physical activity into a valuable investment with financial rewards. This novel approach aims to motivate people to maintain a healthier lifestyle.

Blockchain technology, a distributed ledger system, allows for secure and transparent transaction tracking and recording. This provides a safe and decentralized method to monitor and reward users for their physical activity. The

concept of "Proof of Physical Activity" addresses challenges associated with traditional fitness tracking systems, such as ensuring genuine engagement in physical activity and preventing data manipulation.

Another unique aspect of GetFit is using cryptocurrency as a reward for physical activity. This allows for a more flexible global incentive system, encouraging users to exercise by offering tangible financial benefits. By integrating financial rewards with health goals, GetFit motivates individuals to stay active and enables them to turn their healthy lifestyle into a profitable investment.

GetFit creates a novel, self-sustaining ecosystem akin to blockchain technology. Merging fitness with economic incentives fosters a sustainable and engaging platform that promotes physical health and financial well-being. This unique combination of features sets GetFit apart from traditional fitness apps, offering a comprehensive solution that benefits users on multiple levels.

Self-Sustaining Ecosystem

The Self-Sustaining Ecosystem of GetFit Mining

The self-sustaining ecosystem of GetFit Mining is built around the strategic use of USDT and the native tokens GFAM and MoveQuest, ensuring a balanced token distribution and market stability. Here's a detailed explanation of how this ecosystem operates:

Token Distribution and Minting Miners

1. Minting Miners:

Token Usage: Users mint miners using the native token GFAM. Minting costs cover multiple aspects of the ecosystem.

Commissions: Initially, 65% of the tokens used for minting miners are allocated as commissions. This rewards participants and incentivizes further growth and engagement.

Vault Returns: 20% of the tokens used in minting are returned to the GetFit Mining vault for future mining. This reduces the immediate token supply in the market without inflating the market value with a token burn, which aids in stabilizing the market value.

Base Liquidity Token: The remaining 15% of the GFAM token is paired to the Quote token USDT and added as liquidity.

2. Adjusting Commission Structure:

Sustainable Community Threshold: Once GetFit reaches a sustainable community size, the commission structure adjusts to a more balanced approach:

Direct Commissions: 35% of the tokens from minting miners are distributed as direct commissions, and 10% as level 1 commissions.

Vault Allocation: Another 30% of the tokens are returned to the vault. These tokens cannot be sold but are exclusively used for liquidity or future mining activities, stabilizing the liquidity.

Base Liquidity Token: The remaining 25% of the GFAM token is paired to the Quote token USDT and added as liquidity.

Evolving and Merging Miners

1. Evolution Mechanism:

Upgrading Miners: Users can upgrade (evolve) and merge lower-powered miners to create high-powered Omega miners.

Token Use: This process requires USDT, the quote token in the liquidity pair.

Circulation Control: The evolution process removes six lower-powered miners for every Omega miner created, effectively controlling the number of miners in circulation to create demand rather than an overabundant supply. This is key in the demand for miners available to lease through the community.

Liquidity Contribution: Up to 100% but no less than 80% of the USDT tokens used for evolution are allocated for liquidity as the quote token pair, reinforcing the liquidity pool.

Mining Dock Operations

1. Mining Slots:

Slot Allocation: The mining dock can accommodate up to 30 mining slots. The first slot is free, promoting initial participation.

Unlocking Slots:

Slots 2-6: BNB unlocks these slots initially. As the community grows and the token stabilizes, these slots will use GFAM or MQT tokens.

Remaining Slots: The remaining slots will use GFAM or MQT from the outset, directly contributing to the liquidity pool.

Mining Fees: When plugged into the dock, each miner incurs a blockchain-determined mining fee.

Proof of Physical Activity and Token Rewards

1. Proof of Physical Activity Submission:

Activity Validation: Users submit proof of physical activity recorded on the blockchain.

Mining Fee: Determined by the blockchain.

In-App Fee: Starts at \$0.10 per miner and adjusts based on token market value, further aiding liquidity stabilization.

2. Token Claims:

Claiming Rewards: Users claiming tokens pay a mining fee and an in-app fee similar to the proof submission process, contributing to liquidity.

Community Engagement and Event Participation

1. Challenges and Events:

Creation and Participation: Fees associated with creating and joining challenges or events provide liquidity.

Blockchain Fees: The blockchain charges Mining fees, ensuring transparency and security.

2. Leasing Miners:

Leasing Mechanism: Users can lease miners; any associated fees contribute to liquidity.

Significance for Market Value and Long-Term Sustainability

1. Market Value Stability:

Controlled Token Supply: By returning a significant portion of tokens to the vault and restricting their use to liquidity or future mining, GetFit ensures a controlled token supply, reducing the risk of market volatility.

Liquidity Pool Strength: Continuous contributions to the liquidity pool from various fees and activities ensure a robust and stable market for the GetFit Minings native tokens.

2. Long-Term Sustainability:

Engagement Incentives: The ecosystem is designed to keep users engaged through continuous rewards, gamification, and community features, ensuring sustained participation.

Economic Model: The strategic use of fees to bolster liquidity mimics the self-sustaining nature of blockchain technology. This model ensures that GetFit Mining does not rely solely on external liquidity injections, promoting long-term sustainability.

Adaptability: The dynamic adjustment of fee structures and token usage based on community growth and market conditions allows for a flexible and resilient ecosystem.

By integrating these elements, GetFit Mining provides immediate value through fitness rewards. It ensures the long-term viability and stability of the native tokens, positioning itself as a pioneering force in the intersection of blockchain and fitness industries.

Stability and Sustainability of the GetFit Mining Ecosystem

Addressing Concerns of Pyramid and Ponzi Schemes

1. Independence from New Users for Stability:

Internal Liquidity Mechanism: Unlike pyramid or Ponzi schemes, the GetFit Mining ecosystem does not rely on continuous influxes of new users to sustain itself. The system is designed to generate liquidity and maintain stability through internal mechanisms.

Self-Sustaining Economy: The primary source of stability comes from within the ecosystem. Fees collected from various activities—such as minting miners, evolving miners, participating in challenges, and submitting proof of physical activity—provide liquidity, ensuring the ecosystem's financial health without needing new user funds.

2. No Collapse without New Users:

Built-In Liquidity Provisions: Even if no new users join the platform, existing users can continue to utilize the system without fear of collapse. The liquidity generated from internal transactions ensures that the market remains stable and functional.

Sustainable Tokenomics: Returning a significant portion of tokens to the vault and controlling their use for liquidity or future mining activities prevents the dilution of token value and maintains economic balance.

How New Users Enhance, Not Necessitate, the Ecosystem

1. Driving Market Value:

Increased Demand: As new users join the GetFit Mining ecosystem, the demand for GFAM and MoveQuest tokens increases, driving their market value. This benefits all participants by increasing the value of their tokens.

Market Value Stabilization: While new users contribute to the growth and market value of the token, the system's inherent liquidity provisions ensure that this growth is stable and not artificially inflated.

2. Economic Growth without Dependency:

Independent Growth: The ecosystem is designed to thrive independently. New user participation enhances the system but is not a critical dependency for its survival or stability.

Resilience: The GetFit Mining ecosystem's internal mechanics can sustain economic activity and user engagement, making it resilient to fluctuations in user growth.

How the Ecosystem Maintains Stability

1. Minting Miners and Commissions:

Initial Stage: During the aggressive community growth stage, 65% of the tokens from minting miners go towards commissions, incentivizing participation.

Sustainable Stage: As the community stabilizes, the commission structure shifts to 45% for direct commissions, 30% for vault returns, and 25% paired to the quote token, further securing liquidity.

2. Evolving Miners:

Reduction in Circulation: Evolving and merging miners reduces the number of lower-powered miners, controlling the supply and stabilizing the token value.

Liquidity Contribution: Up to 100% but no less than 80% of the USDT from evolution processes is allocated to liquidity, bolstering the ecosystem's stability.

3. Mining Dock and Activity Fees:

Dock Slots: Unlocking mining dock slots uses GFAM or MQT tokens, which directly contribute to liquidity.

Activity Validation Fees: Fees for submitting proof of physical activity and claiming rewards are directed towards liquidity, ensuring continuous support for the ecosystem.

4. Event and Challenge Participation:

Community Engagement: Fees from creating and joining events and challenges are used for liquidity, promoting ongoing user engagement without relying on new funds.

Significance for Market Value and Long-Term Sustainability

1. Stabilizing Market Value:

Controlled Token Supply: The ecosystem avoids market volatility by managing the token supply through vault returns and liquidity provisions.

Liquidity Pool Strength: Internal fees and contributions to liquidity pools ensure a stable and robust market for GFAM and MoveQuest tokens.

2. Long-Term Sustainability:

Continuous Engagement: The ecosystem's design promotes sustained user engagement through ongoing rewards and community features.

Economic Model: The strategic use of fees and liquidity mechanisms ensures that GetFit Mining remains self-sufficient and does not depend on a constant influx of new users.

Adaptability and Resilience: The ecosystem's ability to adjust fee structures and token usage based on market conditions and community growth ensures long-term viability.

By integrating these elements, GetFit Mining creates a stable, self-sustaining ecosystem that benefits new and existing users. This ensures the long-term success and stability of the GFAM and MoveQuest token and the overall project.

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 the platform complies with relevant laws and regulations to mitigate regulatory risks and make it accessible to a more extensive user base.

8. **Creating value:** Finally, focusing on creating user value is essential. This means providing valuable features, excellent customer service, and continuously improving the user experience.

It's worth noting that mass adoption is a complex and challenging process to predict, and the strategies that work for one platform may not work for another. However, 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 earn. All movements include, but are not limited to, walking, running, swimming, exercising, dancing, and traveling. The GetFit concept for mining cryptocurrency involves shifting 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 exercise for at least one hour daily, but what do they get 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 daily, 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 Miners 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, which is connected to wearable devices such as a smartwatch or fitness tracker. It uses 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; it 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, as well as 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 daily. It is important to remember that walking 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 involving skis to travel over snow-covered terrain.

Regularly participating in these and other distance activities can improve cardiovascular fitness, build muscle strength and endurance, and improve 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

Engaging in regular physical activity can improve your overall health and well-being. 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: These exercises use your body weight as resistance and require 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 for home use.
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 the energy content of food and beverages. 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 helps 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 overall activity level can help you burn more calories. Examples 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 hormones, which help 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.

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, consult a healthcare professional to determine the cause and receive appropriate treatment.

GetFit mining requires an NFT Miner and a dApp wallet to connect to the app for activity data tracking. 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 Miner, or wearable device, tracks 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 taking several steps or traveling a long distance. 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 Miner (VAD) representing your NFT on the blockchain.
2. Each NFT minted creates a unique virtual NFT Miner 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 Miners.
4. A person can own an unlimited number of VADs—one Miner linked to a supported fitness tracking device/wearable through the GetFit mining app.
5. People can rent their virtual NFT Miners to others and share in the Miner's mining.
6. The person renting out their Miner can disconnect and claim back their Miner 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 Miners determines the mining split or shared percentage of mining and will have a marketplace to list their bar for use/rent.

Minting NFT Miners and NFT Vehicles

The process of minting NFT Miners for GetFit mining is unique and innovative. No two Miners are exactly alike. We do not pre-mint our NFTs. We ensure 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. This allows 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 Miners, 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 Miners . As users stake more NFTs, the mining dock will expand to allow more Miners 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 Miners staked, users can increase the number of Miners 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 Miners In Mining Dock
500	2
1,000	3
2,000	4
3,000	5
4,000	6
10,000	7
25,000	8

40,000	9
50,000	10
75,000	11
100,000	12

Repairing GetFit Mining NFT Miners

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

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 50%. Users can repair their NFTs by paying GFAM tokens to maintain efficiency. The amount required for repair will depend on the level and quality of the NFT, with higher-level and higher-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 exceeds 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 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 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 Miner 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 Miners.

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 Miner will connect to the owner's staked Miner to allow the owner to set the mining parameters, and the person leasing the Miner 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 Miners 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 aMineroned 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 Miner in GetFit offers additional functionality compared to similar products on the market. Combining two devices into one, the NFT Miner aims to be a "supercharged" device, making it more appealing to users.

Regarding the supply-demand dynamic, the NFT Miners 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 Miners 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 Miners have different levels of mining efficiency; the Primary Miner 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 Miners 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 is 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, so we are ensuring that the value of our tokens will increase as demand for our NFTs and services increases. Our unique NFT mining Miners, 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.

GetFit Activity Mining (GFAM) Tokens

GFAM Contract Address:

0x772b609D3A8F2Ebe1c1b8F87EBda2e462eC475F8

Max Supply GFAM Tokens:

3,000,000,000

Total Circulating Supply 2024:

365,000,000

Total GFAM Mined Tokens Through Activity Rewards

One hundred million tokens are released into circulation annually by depositing them into the GetFit airdrop, and they are rewarded based on the user's daily activity.

Total GFAM Daily Mining Rewards:

274,000

GFAM Utility Token

In-app purchases (IAP) are digital goods, services, or content purchased through the GetFit application, which runs on smartphones. MinUsers can purchase gem upgrades and energy boosts for maximum mining bonus efficiency. Leveling up through the arenas to get the hall of fame, upgrade abilities, NFT Miner leasing, challenges, events, fundraising and marketplace merchandise, and more.

GFAM Burning Mechanics (Destroying)

GFAM is recycled or paired for liquidity:

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 Miner enhancement
7. Leasing Miners
8. Creating and joining challenges
9. Creating and joining events
10. Creating and Joining Fundraising
11. Marketplace Merchandise

MoveQuest (MQT) Tokens

Contract Address:

0x9238Dc8bcD17D90ECF967C437912d0BE42d736dc

Max Supply: 21,000,000

GetFit Token will be converted to MoveQuest at a ratio of 5 GetFit to 1 MoveQuest.

GETFIT Contract Address:

GetFit tokens will be swapped for MQT beginning on June 6th, 2024

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 recycled by:

1. Minting the NFT Mining Miner
2. Merging two Primary Miners For an Ultra Mining Miner
3. Merging two Ultra Miners for an Alpha Miner
4. Merging two alpha Miners for an omega Miner
5. Gem upgrade
6. NFT wearable Miner 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 are released into circulation annually by depositing them into the GetFit airdrop, and they are 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 Recycle Mechanics

1. Minting the NFT Vehicle Miner
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 Miner 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 Miners 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 Miner (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 Miner will list your NFT ID, the wallet that owns the NFT, and an image of your NFT.

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

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

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

Staked Miners

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 Miner

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 Miners 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 Miners. 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 Miner 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.