FITBURN
BURN TO EARN

WHITE PAPER

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THE WORLD'S FIRST
BURN-TO-EARN
REVOLUTIONARY FITNESS
APPLICATION

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DISCLAIMER

Before making any judgments on the Fit Burn project, it is highly recommended that you read this whitepaper in its entirety, as doing so will aid you in completing a comprehensive analysis of all the project's components before making any choices. This document is not intended to be a complete description of all Fit Burn's operations, nor is it designed to overview all their activities comprehensively. For your convenience, the estimates, facts, and positions derived from known and unknown components and threats are offered in this whitepaper in various forms, including tables and graphs. The project's actual performance may differ considerably from the abovementioned expectations and any forward-looking language contained in this document. Hence, the information included in this white paper does not represent financial advice, and it should not be considered as such. Before investing, you should always do as much research and homework as possible.
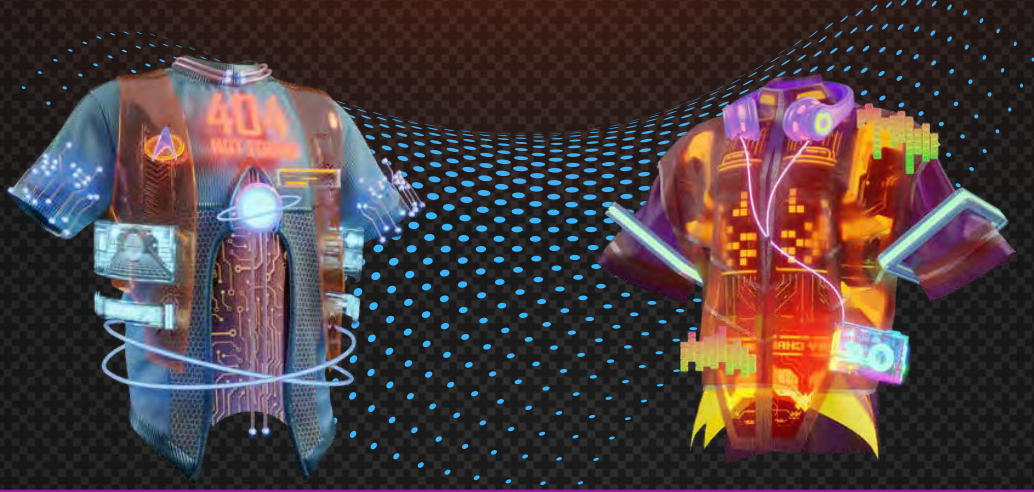
INTRODUCTION

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Fit Burn emerges as the world's first burn-to-earn application at the confluence of fitness and blockchain. In all pursuits, Fit Burn is based on one of most people's most fundamental everyday activities: moving and exercising. By carrying a gamified T-Shirt NFT, users of the Fit Burn platform can earn our Calorie token CAL.

Fit Burn's vision is to create its own 'Eco-Payment System' for fitness & well-being industry.

This ecosystem allows users to utilize our CAL token purchase and pay the fees for all services and products that fall under the umbrella of 'fitness & well-being,' whether it's activewear, supplements, F&B, etc.

We aim to expand rapidly using our brand and marketing momentum, build ties strong enough to be the go-to destination for all brands in the fitness & well-being industry on a global level, become our strategic partners, and join the revolutionary Crypto-Fitness movement we've created.

Our vision is to establish our CAL (Calorie token) as an optional payment method, like PayPal, Apple Pay, Samsung Pay, and others.

The industry must see that offering CAL as a payment option is mandatory and a plus.

Overall, the overarching problem facing the health and fitness industry today is that maintaining a healthy lifestyle comes with additional expenses, such as the cost of a personal trainer, fitness outfits, and nutrition and supply items. If you are a regular member of a health club, this means that in addition to the cost of your membership, you also have additional expenses.

These expenses are eating up a substantial portion of your monthly income. Although a strenuous 30-minute exercise at the gym burns the same number of calories as an 8-hour working day at the office, you do not get paid for coming to the gym and maintaining your physical health.

As the core economic unit of our initiative, the platform's native utility CAL token will be utilized in-app for NFTs, gym membership, vitamins, accessories, etc. Moreover, by staking the CAL token get extra exercise minutes, and VIP events. Double-locking the staked token gives users voting power over the platform's settings and functioning. NFT holders will earn CAL token incentives based on their activity. Besides, NFT holders enjoy discounts and access to Fit Burn's partnered gyms. Our Economic Paper further details the economy and tokenomics of our project.

With Fit Burn, you not only can earn CAL while you sweat, but you can also make money off your time while you are working out. Users can earn a certain amount of CAL Tokens for burning calories

VISION
MISSION

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Fit Burn brings together two goals that are of the utmost importance to every person: financial well-being via the in-game currency incentives and more robust health through the movement component of our ecosystem. Moving ahead, we will examine the big picture of physical activity as it is right now, as well as the hazards and advantages of moving more for one's health.

Despite much research and concerning facts on exercise in medical journals, many people still opt to engage in sedentary behaviors. Although this has been a growing trend since the second half of the twentieth century, it is more accurately described as a modern sickness; a medical disease that threatens the health and well-being of individuals living in the modern day.
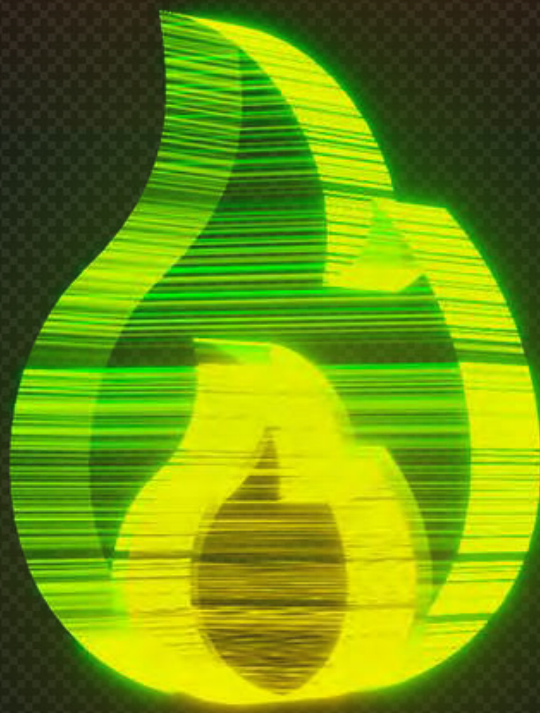
According to the World Health Organization (WHO), physically inactive people have an increased risk of death from 20% to 30%. In addition, it is not difficult to work up to the required levels of physical activity. Increasing one's level of physical activity throughout the day, such as by taking long walks, is one way to achieve this goal.

Fit Burn's overarching mission is to harness the power of blockchain technology's innovative potential and integrate NFT T-shirts into our day-to-day lives. By doing so, the company hopes to combine the positive effects on one's health that come with leading a more active lifestyle with the opportunity to make more rewards.
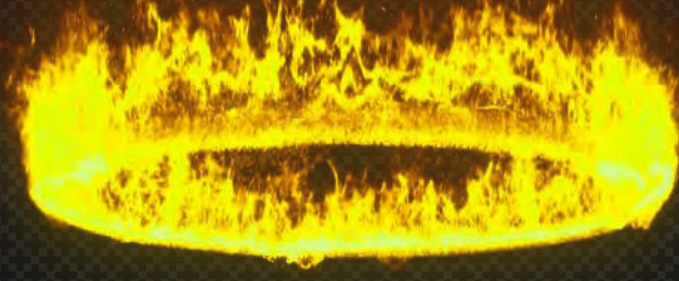
Furthermore, we aim to create a ground-breaking version of the Move 2 Earn game & AI technologie, which incentivize people worldwide to get up and move around more. This will allow Fit Burn to capitalize on the opportunities presented by the intersection of technology and real-world activity. It is only now that Web 3 has found its way into the fitness sector, which is one of the world's most lucrative industries, with a market capitalization of over $4.7 trillion and rising at a double-digit rate each year. The fitness industry is also one of the most valuable industries in the world.

The move-and-earn business's prospective influence is derived from the escalating momentum of two important sectors: the fitness industry and the cryptocurrency market. It is possible that understanding the strength of these trends through the lens of four distinct forms of positive feedback loops would provide the most incredible perspective.

With the integration of AI technology, we improve the user experience and their progress to realize the full potential of their training.

Fit Burn stands out from the competition since its value offer is not limited to the Web 3 environment. People have reported that they feel and look better due to developing regular long-term habits of of exercising.

GETTING STARTED

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Fit Burn is driving a revolution in the world of exercise with the most cutting-edge Web3 technology, and you have a hand in making it happen. Users can earn by engaging in indoor-related gym activities, such as exercising, walking, running, and boxing. This currency may be utilized for purchasing NFTs, Patches, Gems, Booster, and Gym Memberships.

Fit Burn's earn feature motivates millions worldwide to lead healthier lifestyles while also introducing them to how revolutionary the web3 can and will be. Everything is accomplished while relying on its social elements and simple user interface to develop a platform that will last a long time and encourage user-generated content for Web 3.0.

Overall, Fit Burn has two types of overarching tokens in this ecosystem:

- NFT T-Shirt: 11,111 first batch.
- Further collections will be released as demanded by our community
- CAL token – Supply of 2,000,000,000.

NFT
T-SHIRTS
DESIGNS

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We aim to offer various designs to suit all tastes and preferences. Overall, our NFTs converge technological innovation with seamless visual elements and comfort for those who choose them.

COMMON
T-shirt Design – 9
Generative items - 5 variations each

RARE
T-shirt Design – 5
Generative items - 5 variations each

EPIC
T-shirt Design – 4
Generative items – 5
(two have 4 variations; three have 5 variations)

LEGENDARY
T-shirt Design – 4
Generative items – 4 variations each

Total: 11,111 + further collections will emerge that will be branded, limited & on demand.

Overall, we offer 22 designs used in applications + 3 just for content.

Whenever a user completes a workout using this feature, some of their tokens will be utilised and they will get a reward from their preferred tokens.

Moving forward, we will provide a systematic overview of how to utilize the Fit Burn application:

1. Sign up for a lifetime FitBurn Membership and get access to the FitBurn App. You will need your NFT Tshirt to fully use the app. The NFT can be sold at any time to get your investment back. IMPORTANT: Without an NFT you will not be able to earn CAL tokens!

2. Head to the gym while wearing your bluetooth smartwatch or device that measures your heartbeat and has Bluetooth, then launch the Fit Burn app on your smartphone.

3. Carry out your usual workout and calorie-burning program each day.

4. You will get CAL for every calorie you burnt.

5. Using the currency, you may trade, hold, improve your NFT, pay for your GYM Membership, buy supplements, or receive a discount at one of our Retail Partner establishments.

6. Repeat this all over again!
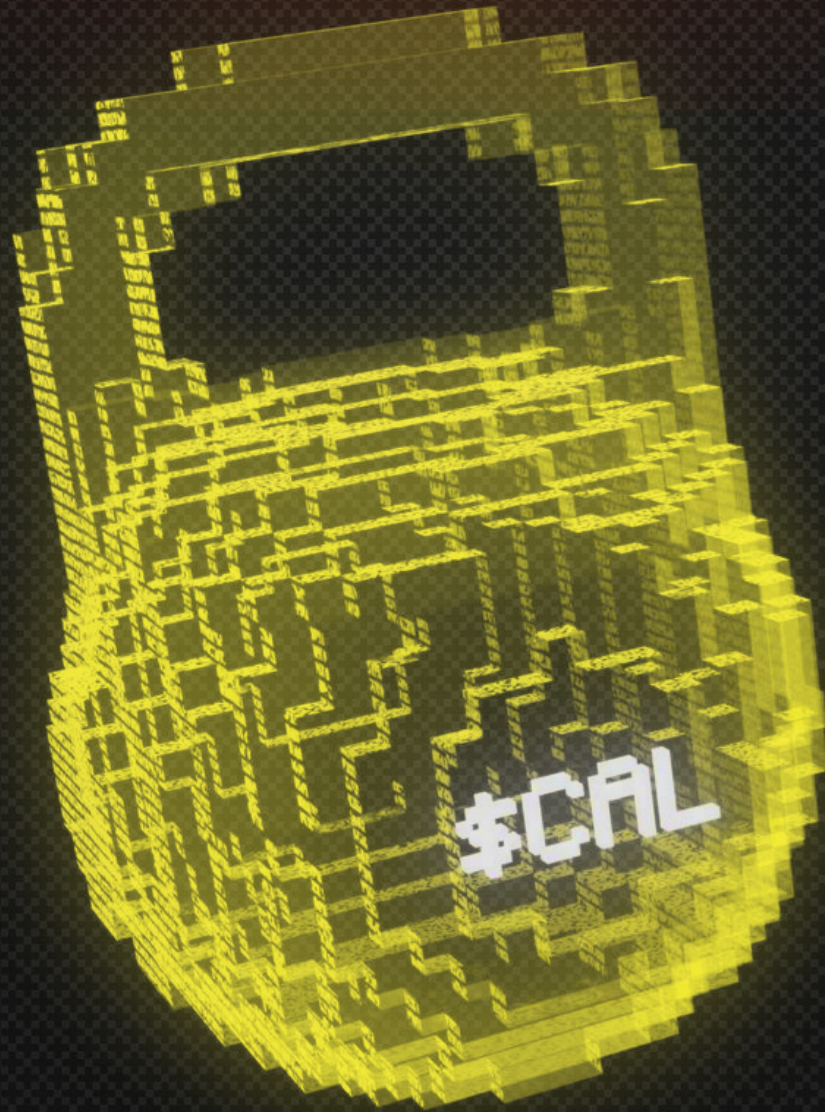
Moreover, users must utilise their Calorie tokens to improve their NFT T-Shirts to maximize the effectiveness of the reward distribution. During upgrading the T-Shirt, calories will be expended.

Overall, Fit Burn has a significant competitive edge over existing platforms since it allows users to earn rewards for all types of physical activity. In contrast, other platforms only provide a few forms of physical activity. Tokens may be made via various activities like jogging, running, swimming, and cycling. Awesome!

ECONOMY
SET UP

In this section, we will uncover the economy of this project. The token economy is undoubtedly challenging to implement correctly from the get-go.

On one side, there are unknowns (like the number of users and their activity). Macro circumstances, including crypto community attitude and the market, are uncertain. We depend on three key concepts when developing a token economy to reduce the likelihood of economic upheaval later.

CORE BUSINESS MODEL

Fit Burn's business approach involves selling **Memberships** as access keys to the site, providing calorie payback and other perks based on gym relationships. The platform will also profit from in-app purchases, renting NFTs, and trading CAL token incentives. Users may buy NFTs, gym memberships, vitamins, and accessories using CAL tokens.

BURN
EARN

CALORIE CASHBACK

The site distributes cashback to consumers who hold its NFT and burn calories. For calorie monitoring, users must: Install Fit Burn limited series NFT Apply to a smart device measuring the heart rate.
Based on numerous circumstances, keep their heart rate within the app's range.

After that, users may activate "burn-to-earn".
Fit Burn will provide CAL tokens for each calorie expended. Daily workout minutes are limited by the NFT's level and staking the CAL token.

CAL tokens will be given for every calorie expended. Once a week, the platform will reassess the basic CAL tokens per calorie expended. Furthermore, the Calorie Cashback will come from Fit Burn's NFT sales incentive pool. Once a week, the platform will reassess the basic CAL tokens per calorie expended. The quantity of tokens

per calorie will depend on the current token pool and average exercise duration per user, guaranteeing ample incentives for all users while retaining a token cushion.

T🔥KEN SETUP

These are the fundamental of the token:
Buying products and services on the platform, such as GYM memberships, supplements, accessories, etc.

Staking for:

- Rewards in more Trainingtime
- Product/service price reductions
- Entry to exclusive/VIP events/Raffles
- Governance rights

Rewards distribution for:

- Active NFT holders
- Token stakers
- Liquidity suppliers

TOKEN SALE SETUP

STAGE	PRICE (USD)	TOKENS (MM)	BONUS	RAISE (MM USD)	FDV (USD)
pre-seed sale	0.007	203.5 (MM)	0,0%	1.4 (MM)	14 (MM)
seed sale	0.012	125 (MM)	0,0%	1.5 (MM)	24 (MM)
private sale	0.018	83.3 (MM)	0,0%	1.5 (MM)	36 (MM)
public sale	0.035	14.3 (MM)	0,0%	0.5 (MM)	70 (MM)
TOTALS		426,1 (MM)		4,9 (MM)	

VESTING SCHEDULE PER TOKEN ALLOCATION

STAGE	ALLOCATION	TOKENS (MM)	LISTING RELEASE	CLIFF	VESTING	MONTHLY RELEASE
pre-seed sale	10.1%	203	2.5%	3	24	4.06%
seed sale	6.2%	125	5.0%	2	20	4.75%
private sale	4.1%	83,3	7.5%	1	16	5.78%
public sale	0.7%	14,3	50.0%		3	16.67%
team	15.0%	300	0.0%	12	24	4.17%
advisors	5.0%	100	0.0%	12	24	4.17%
marketing	13.6%	272	0.0%		5	20%
partnership	2.6%	52	0,0%	6	24	4.17%
treasury	17.5%	350	0.0%	12		
reward pool	20%	400,7	0,0%			Non-linear
initial liquidity	5.0%	100	0.0%		2	40%

UNCOVERING THE INTRICACIES OF CAL

Axie Infinity's currency (AXS) is the CAL token's closest economic sibling since both are utility tokens for play-to-earn platforms and grant governance rights. There are key distinctions to note.

Fit Burn offers discounts and unique access to CAL.

CAL tokens may be used to vote in Governance contracts. Fit Burn's Governance configuration enables double-locking and a Curve-inspired duration-based multiplier for locked tokens.

GOVERNANCE DYNAMICS

Standard business model. The Fit Burn platform intends to integrate gym training with play-to-earn mechanisms by paying users in cryptocurrency for being active and burning calories. Fit Burn's revenue strategy is predicated on selling Memberships, which includes a unique NFT T-Shirt that serve as access keys to the platform, providing calorie payback and other perks depending on the gym partnership status.

Users can buy NFTs, gym memberships, vitamins, accessories, etc., using the utility CAL token. Staking the token will also give users a discount on specific items, CAL tokens as prizes, a calorie multiplier, governance privileges, and access to VIP events.

GOVERNANCE DYNAMICS

Depending on their NFT level and the number of calories they burn, holders of the project's NFTs will earn the CALtoken as an incentive. NFT holders will also get slight discounts and can use the CAL for paying the utilities in the exclusive partnering gyms of FitBurn.

Overall, the network governance will be enabled by vote escrowed tokens, which Curve M pioneered.

Voting will be done via vote escrowed (VE) tokens. VE tokens were first pioneered by Curve and later adopted by multiple large protocols such as yEarn and Balancer to great success.

GOVERNANCE DYNAMICS

In a nutshell, VE tokens are locked for a very long duration, granting a huge increase in voting power, to the person looking at the tokens. The exciting thing about the system is that the locked tokens do not necessarily need to be the project tokens themselves. Instead, they can be a derivative of the project token. For example, when Balancer does VE, the tokens used are the LP tokens from the 80/20 BAL/ETH pool.

We will use a similar system, where derivate tokens based on the user contributions described in the reward section can be used for VE. For simplicity purposes, we will refer to all of those tokens as (Cx), although they are practically different.

- NFTs represented as an equivalence of 12,000
- Cx from token staking
- Cx from LP staking

GOVERNANCE DYNAMICS

Additionally, to avoid system centralization and collusion, the voting will be done via quadratic voting. This means that the final voting power that a user has grows slower and slower the more tokens they have. More formally:
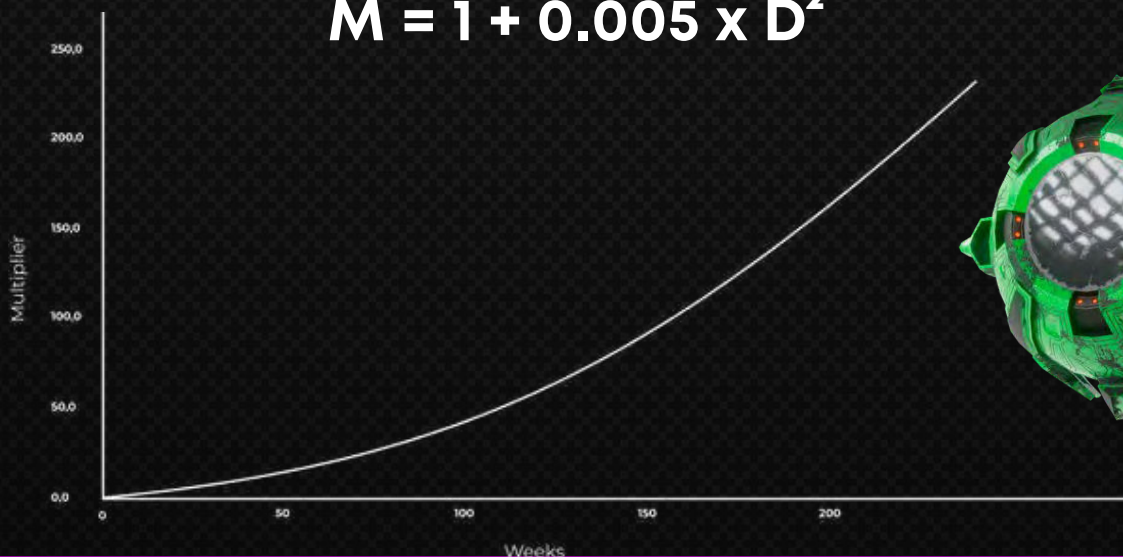
$$VP = \sqrt{Cx} \times M$$

Where:

- V Prepresents voting power
- Cx represents user contribution
- M is a multiplier dependent on the duration

The multiplier M will be established throughout the full tokenomics modeling, but its general shape (depending on stake length in weeks) will resemble this:

$$M = 1 + 0.005 \times D^2$$

TOKEN SALE

The token sale will be handled using a tiered method, with private investors.

GOVERNANCE ROADMAP

Fit Burn will start as a centralized entity and evolve into a decentralized platform managed by its DAO members through the CAL token. Creating a community and governance structure is complex. Checks and balances must ensure the total is more significant than its parts.

GOVERNANCE ROADMAP
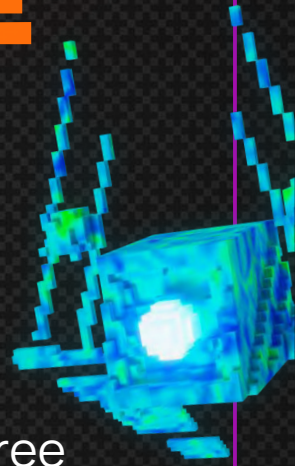
Overall, the governance of the platform will have three separate stages:

1. *Early Days* - During the early stages of a project, the team has total power, and no votes are taken. This is because issues and events will require urgent hotfixes, which cannot be accomplished democratically.

2. *Semi-Decentralisation* - during this time frame, the team is still in complete control and management of the project and can implement hotfixes, but for non-urgent decision-making. Furthermore, it can consider community input via a forum or off-chain voting, such as a snapshot - https://snapshot.page/#/

3. *Absolute Decentralisation* - Currently, the project is entirely decentralized, all decisions are made according to a precise method, and all voting is still conducted off-chain. Furthermore, during Stage 3, the platform's governance regulations will be based on cutting-edge governance systems such as UniSwap or Compound but will be tailored for off-chain operation.

OBJECTIVES OF THE DAO

The DAO will determine the project's development path and monetary
policies within the Fit Burn ecosystem. Reimbursement for the protocol's technical enhancements will be processed via the Treasury.

For any community-building endeavors, such as training for celebrity coaches, contests, technological advancements, etc., the DAO has the authority to dole out grants and spend the tokens of The Treasury by the outcome of a governance vote impartially. Members of the DAO can vote on minor, aesthetic updates to the platform as well as NFTs.

GOVERNANCE ROLES

Overall, the DAO comprises community members, Stewards, and Council members, each of whom plays a specific role in advancing the protocol andensuring its governance.

Stewards/Delegates – Elected DAO members who facilitate proposal development and voting. The Stewards will delete any unformatted or unlinked suggestions.

Members may delegate voting to Stewards. Stewards may be accused of inappropriate behaviour by members and have their tokens slashed.

Note that systematic rule-breaking may lead to Steward's dismissal. Report cards displaying voting activity, total Voting Power, and developed suggestions are advised for the job.

Council members will initially be 4 developers/project members responsible for assessing ideas and code updates to guarantee the platform's security.
Members may suspend or cancel proposals they deem harmful to the project's functioning and users. Council members must sign a multi-sig contract to rescind a 2-1 vote. In most circumstances, proposals are expected to be non-malicious and secure. After the audit, council members will execute all voted measures.

GOVERNANCE PROCESS

In addition to duties, technological instruments will simplify proposal formulation and voting. Every idea will be debated in Discord and the forum. Off-chain voting will be handled by Snapshot, while on-chain governance may be custom-made or integrated with Snapshot.

PHASE 1

PROPOSALS FOR SIGNALING

FitBurn Discord user starts a thread. If eligible, they create a signaling proposal on Snapshot with [Signal] in the title. The proposal should follow a detailed draught standard that outlines its merits, technological feasibility (if relevant), and any drawbacks. The poll should connect to the forum discussion and additional resources. Signaling proposals need 0.01% delegated VP.

If the thread's creator does not have enough VP, another member may do it for them or delegate their tokens. Stewards may help writers, although it is not required. The user promotes suggestions and facilitates debate. Authors should link signaling posts in forum discussions. Subsequently, the community votes on the signaling suggestion, and if an option other than "No/Make no change" wins, it advances. Voting takes three days.

To be legitimate, the proposal needs a quorum. A signaling proposal requires 1% of Snapshot's voting power. The plan is rejected regardless of votes if the threshold is not met. This voting method works for Yes/No and many options [15,16].

PHASE 2

CHANGE PROPOSAL

Following a successful signaling proposal, the designer uses the most popular input to improve it. A change proposal is uploaded for community voting with [#TAG] s for [#GRANT], [#UX], [#TOKENOMICS].

As the community changes, new or fewer categories might be added. The proposal should briefly describe its usefulness, technical feasibility, all resources required for execution (e.g., developers, days, tokens), possible disadvantages, and links to the forum debate and signaling post.

Stewards will flag and delete within 24 hours any modification proposals missing necessary parts. The change request requires 5% of delegated VP votes to be valid. A proposal is declared "passed" if 50%+1 of the cast VP supports minor modifications and 67% supports substantial changes.
Adding a new partner is a substantial adjustment that affects the project's budget and security—5-day voting. Admins will delete poorly-marked proposals. Depending on the modification a proposal proposes, senior community members or a hired group will implement it if it succeeds.
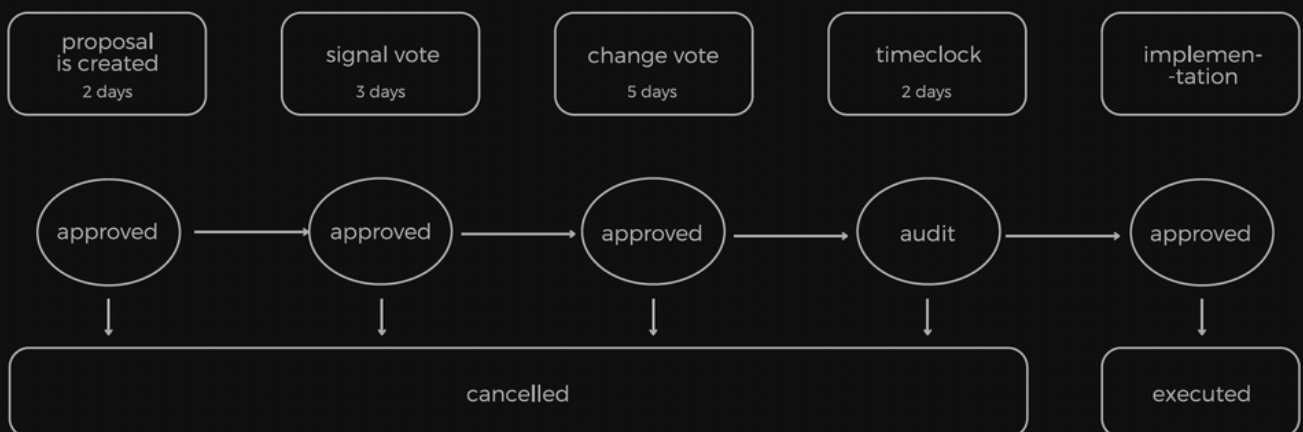
PHASE 3

EXECUTION

On-chain: The judgment is time-locked and
audited after a valid vote. Concerns may be expressed
if the modification has long-term
negative repercussions for the project or possible
vulnerabilities for an evil purpose, such
as tokens draining.
The protocol implements the decision after the
timelock and has no challenges.

proposal is created 2 days	signal vote 3 days	change vote 5 days	timeclock 2 days	implemen--tation
approved	approved	approved	audit	approved

cancelled

executed

EXPLORING THE COMPONENTS OF THE FITBURN ECOSYSTEM

NFT COLLECTIONS

Fit Burn will produce and sell Memberships, which includes a unique NFT T-Shirt, letting users access

its features and measure calories burned. The NFT will not represent gym membership, but customers can pay with CAL for there GYM-Membership in partnergyms. Fit Burn will charge active NFT holders a nominal price to "wash" their NFTs after a specific time.

Depending on the platform's fitness relationship, rewards might include discounts on gym equipment, vitamins, apparel, etc., or admission to Fit Burn's exclusive partnered gyms.
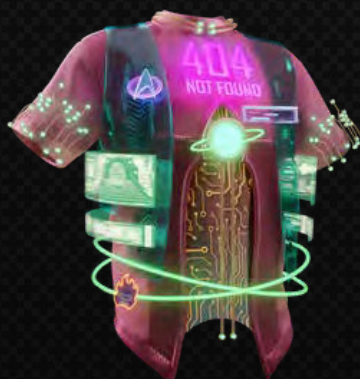
NFT Categories within Fit Burn:

COMMON

RARE

EPIC

LEGENDARY

NFT WASHING

NFT Holders will be able to "wash" their NFTs in the same way that one would wash a t-shirt; holders of NFTs will be required later to "wash" their NFTs by paying a nominal price on the platform. This step will only be necessary for the event that the holders make consistent use of their NFTs to accumulate prizes and burn calories. The fee will be determined by the NFT's efficiency rate and only be payable with CAL tokens. The efficiency rate will depend on the number of workouts done by the user.

The cost of washing is approximately equal to the value of CAL earned, which is calculated from the last 5 days. Here from 20% is calculated as a fee for washing.

NFT EFFICIENCY RATE	NUMBER OF WORKOUTS
100%	0
50%	3
0%	5

BOOST & UPGRADES

Fit Burn allows NFT owners to increase their NFTs by purchasing and adding boosters and upgrades, increasing the maximum daily workout limit and calorie earning. Boosters will apply for a duration of 24h and increase the NFT's earnings and workout time. Only 3 boosters can be used in 24h at a time. Permanent upgrades will be valid for a duration of 12 months and can be purchased up to a maximum limit. The price, which must be paid in CAL and increases the training time and earning rate, will increase with increasing levels.

POWER

CALORIE CASHBACK

NFT holders who regularly engage in activities that burn calories and "wash" their NFTs will be eligible for daily payback from the Fit Burn platform. The user will receive the native CAL token . This per-calorie quantity and the monthly limit will be subject to direct modification by Fit Burn. When the DAO reaches maturity, Governance voting will allow for the calorie burn price and monthly cap to be subject to modification.

Moreover, the site will create a separate reward pool for calorie cashback using the funds generated from the sale of NFTs. The prizes, which will be given out in CAL tokens, will come from the ever-expanding reward pool.

PAYMENT

The CAL token will be the sole payment method for enabling costs on the platform, such as those associated with NFT washing and renting transactions.

Furthermore, the CAL token is the only form of payment used to make the first purchase of the NFT necessary to activate Fit Burn's calorie-burning feature.

The CAL token, unique to the Fit Burn platform, would be the sole acceptable payment method for all secondary sales of the project's NFTs and the sale of gym equipment sold by Fit Burn's partners.

STAKING

Staking of CAL will allow the member to increase his training time and increase the granted discounts on utilities.

These benefits include the following:

- Rewards in the form of CAL token
  Additional discount for utilities
- Access to special/VIP events, such as celebrity
- instructors' training, depends on the gym relationship.
  Participation in the raffle system and a certain number
- of raffle tickets which depends on the duration of the staking.

Users that stake the CAL token will get a higher limit of the calories that may be expended, allowing them to earn more every month.

Moving forward, the total FIAT value of daily individual incentives earned via exercises will, according to thpelatform, be capped at a certain predetermined amount. Thperecise numbers will be considered in conjunction with the comprehensive modeling of tokenomics.

Receive Staking Reward logic:

1. Calculate multiplier (count full periods since stake start)

2. Deposit withdraw

    2.1. If withdrawDeposit II (multiplier > 0 && !rule.recurrent)II (stake.cycles > 0 && breakLastPeriod)

        2.1.1. If multiplier == 0 → deduct penalty from deposit amount

        2.1.2. Transfer deposit to user account → spend (_toArray(depositItem), receiver)

    2.2. Else → update stake.startTimestamp = block.timestamp

3. Reward transfer 3.1 If multiplier > 0 → transfer reward amount *multiplier to receiver

4. If multiplier == 0 && rule.recurrent && !withdrawDeposit && !breakLastPeriod → revert with Error (first period not yet finished)

STAKING

BY THE STAKING POWER, THEY WILL HAVE DIFFERENT TIERS AND BENEFITS

LEVEL	STAKING POWER	ADDITIONAL WORKOUT MINUTES	DISCOUNTS ON PRODUCTS	TICKETS	% OF TOTAL	STAKING TIMES	DIFFICULY INC.
1	7K+	2	5%	2	0.000100%	3 month	
2	14K+	5	10%	4	0.0001400%	6 month	400 %
3	50K+	10	15 %	8	0.001600%	9 month	400 %
4	120K+	20	20%	12 SPECIAL & VIP EVENTS ACCESS	0.004800%	12 month	300 %

REWARDS

REWARDS

Users who complete any of the following tasks will be eligible to get prizes from the platform:

- Stake the CAL token.
- Participation in the Raffles system, which allows you to receive various prizes such as:

  - Travel
  - luxury goods
  - meet & greet
  - NFTs & token prizes
  - Surprise chests

- The prizes will be awarded from a reward pool with a set supply daily, and the distribution will depend on the number of unclaimed tokens in the pool.

- In addition, revenues from raffle ticket sales are deposited into the pool in the form of CAL.

- Tickets for the Raffle Draw can additionally be purchased independently of Staking and can be purchased using payment methods such as VISA Pay, ApplePay and PayPal. The amount raised will be exchanged for CAL through FitBurn and added to the pool.

- The reward pool will neve rbe exhausted since the prize will always be dispersed as a proportion of the total number of unclaimed tokens in the pool.

- This rewards system limits the amount of tokens that may be printed and is compatible with tokens with a fixed supply (as opposed to perpetual inflation).

UNCOVERING THE 3W PROCESS

Without a doubt, all stakeholders benefit from engaging with Fit Burn:

W1

Win for the fitness center, which may count any new members or renewals for our NFT as a win.

W2

Win for the NFT Holder to be compensated for his regular workouts and meet the costs of his lifestyle.

W3

Win for Investors to maximize the Profits of Their Investment Due to the Organic Hype and Demand Created by the Gym and the NFT Holders to Serve Their Purpose.

EARN TOKENS FOR BURNT CALORIES

CALORIE

SPEND TOKENS TO BUY VARIOUS UTILITIES & GOODS

GUARANTEED AMPLE INCENTIVES FOR ALL USERS WHILE RETAINING A TOKEN CUSHION

COMPETITIVE BOARDS

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COMPETITIVE BOARDS

Fit Burn has potent booster zones, local challenges, and both national and global leader boards, allowing you to keep active competitively or casually while unlocking a variety of new social activities.

LOCAL MISSIONS

Fit Burn will automatically develop a variety of customized and local tasks that users may accomplish to receive extra prizes and privileges to give users a personalized health and fitness experience. These will be customized depending on user-supplied information and prior performance.

The following are some examples:
- Burn 500 calories daily for seven days
- Take part in a Boost Zone event
- Join the Fit Burn exercise club.
- Perform a half-marathon on seven consecutive days

Ultimately, this feature will be tightly integrated with Fit Burn's move-to-earn functionality, rewarding users for achieving key fitness goals to encourage a long-term commitment to fitness.
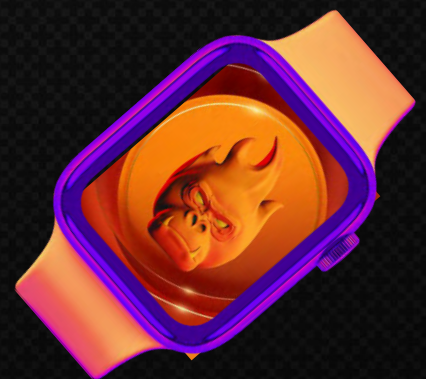
COMPETITIVE BOARDS

BOOSTER ZONES

Exclusive to Fit Burn, Boost Zones are a potent social element that enables players to increase their rewards by moving in specified, periodically-changing zones. This may be engaging in a local athletic event, jogging in a national park, swimming at a designated facility, or attending a Fit Burn social event.

LEADER BOARDS

Fit Burn offers local and worldwide leaderboards for the more competitive users, enabling them to measure their performance against the greater Fit Burn community and test their limitations. In addition to the opportunity to become a sponsored athlete, various enticing bonuses and incentives will be made available to the top-performing Fit Burn users.

OVERVIEW OF THE PROBLEMS WITH THE FITNESS INDUSTRY

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A growing number of people interested in maintaining or improving their health are using fitness applications regularly. When applied to healthcare, gamification has increased participation and improved outcomes. When combined with blockchain technology, gamification has the potential to help improve the process by providing transparency in a way that is not possible with centralized applications.

PASSIVE USER EXPERIENCE

In today's environment, most fitness trackers provide a completely passive experience. You will get a notification after you have finished your steps, at which point you may wash your hands and begin the process once again. After you have walked about and accumulated steps, It is not difficult to lose interest in anything when there is no consistent feeling of achievement or passion. The round will be finished as soon as the ring on your Apple Watch closes. Nevertheless, the purpose of Fit Burn is to mix the elements of playing and earning into your daily exercise routine to add more value to your steps, encourage healthy behaviors, and develop an engaging and positive relationship with taking care of your body.

POWER

VIOLATION OF USER PRIVACY

Although the recent increase in online fitness apps by fitness enthusiasts is a positive development for the fitness industry, some issues have caused users to discontinue these apps. One of the most significant problems is disclosing private information, which often occurs in centralized fitness programs. Corporations and institutions gather users' personal information without the users' agreement. This cannot happen with blockchain technology since one of its primary functions is to preserve users' privacy. As a result, it is difficult, if not impossible, to access users' data and use it for research or any other reason without obtaining their permission.

Blockchain technology not only protects the security and confidentiality of user data by moving all transactions to an encrypted distributed ledger, but it also does away with the need for intermediaries. Since the data will be maintained on the blockchain, users will have complete access to and control over their medical information.

As a result of the part that online fitness applications played in the COVID-19 epidemic, the fitness sector has lately leaped on the bandwagon of using blockchain technology. Even if there was an increase in the adoption of fitness apps during the pandemic, some challenges need to be addressed, and extra incentives need to be established for the fitness business to expand and develop effectively.

NO INCENTIVES IN THE FITNESS MARKET

Another critical problem that has delayed the expansion of the health and fitness business is the absence of incentives and the complete lack of appeal of the fitness applications that are presently on the market. It is necessary to provide additional benefits to users to keep them as customers. Blockchain technology may assist in this endeavor by enabling in-app gaming, delivering digital assets as rewards, and digitizing the entire user experience of online fitness applications.

Suppose you are interested in improving the overall quality of your life and maintaining or regaining your excellent health. In that case, it is crucial to understand the advantages of preserving or regaining your physical fitness and the appropriate activity level for you. The significance of maintaining a healthy body is shown by the following benefits of engaging in regular physical exercise.

UNCOVERING THE MOVE 2 EARN PARADIGM

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Move-to-Earn (M2E), also known as "FitFi," is the perfect mix of GameFi and Fitness Apps. It encourages users to live a healthier and more active lifestyles by rewarding them with virtual tokens for their efforts.

Move-to-Earn programs enable users to earn a reward for engaging in regular exercise activities or fitness-related challenges by leveraging the usefulness of cryptocurrencies and NFTs. Move-to-Earn applications allow users to earn a reward for participating in regular exercise activities. Tokens obtained via Move-to-Earn may either be utilized inside the game world or converted for crypto or or stable coins per the company's terms and conditions for earnings.

Following in the footsteps of the popular Play-to-Earn model, a considerable increase in the quantity of Move-to-Earn applications has been seen over the last years months. Not only does M2E encourage a more active lifestyle and has several potential uses in the future for Augmented Reality (AR) and Virtual Reality (VR) technologies, promoting the continued development of metaverse and blockchain technology

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Furthermore, the ease of participation in move-to-earn games is the primary reason for their widespread popularity. Move-to-earn games use activities that every human is highly acquainted with, and that is movement. This contrasts conventional character-based games with tales and gameplay that need time, attention, and effort to grasp. Hence, this system implies that a player does not have to go through much of a learning curve before they can start playing and earning, which removes any barriers to entrance for anybody. All Fit Burn users may begin making rewards as soon as you launch the app!

Overall, a perfect storm of enthusiasm is generated around move-to-earn games due to the convergence of all these variables why Move-to-Earn applications represent a promising avenue for both players and investors:

- They are an excellent method to earn rewards by doing something you already do, which is working out.
- They provide an entertaining method to earn crypto, which is seeing an uptick in demand these days.
- They are a great way to provide additional incentives for working out since you may earn more by moving more during the day.
- They make it simple to get started with cryptocurrencies without requiring any initial financial outlay on your part.
- Because many move-to-earn games include leaderboards and other opportunities to compare your progress with that of other players, working out with others can be a pleasant and sociable activity at the same time.
- Move-to-earn games capitalize on the interest in, and success of, play-to-earn games in the same way.

MOVE-TO-EARN VERSUS PLAY-TO-EARN

The Play-to-Earn business model has spawned an offshoot known as the Move-to-Earn model, which combines GameFi with SocialFi. Players get tokens for their progress in Play-to-Earn games by completing objectives such as winning fights, advancing through levels, and discovering new areas of the game world. Move-to-Earn applications, on the other hand, use the sensors in the players' mobile devices to track their movements and provide them points or other incentives for being physically active.

In a nutshell, Move-to-Earn is an application that encourages users to lead better lives by gamifying exercises and using digital assets. It intends to capitalize on the growing interest in personal fitness monitors and business wellness initiatives. Hence, Move-to-Earn has the potential to minimize medical and insurance expenditures, as well as sick leave, in theworkplace by promoting a healthier way of life.
Play-to-Earn video

games are less appealing to newer populations with greater emphasis on their health than the Move-to-Earn applications.

EXPLORING

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MAINTAINING YOUR HEALTH

Exclusive to Fit Burn, Boost Zones are a potent social element that enables players to increase their rewards by moving in specified, periodically-changing zones. This may be engaging in a local athletic event, jogging in a national park, swimming at a designated facility, or attending a Fit Burn social event.

SPEND LESS AND GET THE SAME OR BETTER RESULTS.

According to the Centers for Disease Control and Prevention, chronic illnesses are responsible for seven out of every ten fatalities in the United States. Furthermore, treating chronic diseases accounts for 86% of the total cost of healthcare in the United States. While certain illnesses simply cannot be avoided, others, such as diabetes and heart disease, can lessen one's likelihood of developing the condition by adopting less hazardous habits and a more health-conscious lifestyle.

Make decisions beneficial to your health, such as increasing the amount of physical exercise you get daily. You may lower your chance of developing several health problems and consequences that may need costly medical treatment.

IMPROVED LIFE EXPECTANCY

Numerous empirical studies have demonstrated that engaging in regular physical exercise results in an increase in life expectancy and a reduction in the chance of dying prematurely. Research shows that those who are more active tend to be healthier and likely to live longer than those who are not as active. However, no magic formula converts hours of physical activity into hours of life gained.

ENHANCING THE QUALITY OF LIFE

A person's physique might deteriorate quickly if they lead a sedentary lifestyle and do not get enough exercise. Lack of physical activity is linked to an increased chance of developing some forms of cancer and other chronic illnesses and mental health problems. On the other hand, exercising has been proven to boost mood and mental emotions and provide numerous advantages to one's health. Naturally, having a healthy body also gives you the ability to do tasks that you would not be able to accomplish otherwise.

THE BOTTOM LINE

At Fit Burn, we believe that physical activity and fitness should be accessible to everybody. Therefore, Fit Burn's mission is not only to revolutionize the fitness industry by encouraging more people to improve their health and accomplish their fitness goals but also by shifting profits away from platform owners and toward platform users through a one-of-a-kind decentralized platform. This is part of FIT BURN's larger mission to encourage more people to improve their health and accomplish their fitness goals.

Fit Burn. is one in which people are motivated to do all they can to enhance their health and fitness via a balanced and sustainable ecology that rewards people for moving more and working out more. Participants will be able to receive FIT BURN token incentives for engaging in a variety of fitness activities by using the Fit Burn app as the central hub of the program.

We strongly believe that Move-to-earn will completely change how we think about fitness by offering participants instant gratification for their efforts and opening various exciting doors for them. Fit Burn is designed to encourage people across the globe who do not receive enough physical exercise by assisting in inspiring individuals to be fit and rewarding those people for being fit.

PRIVACY

Fit Burn does not and will never sell any of the information we collect about you to other parties. In addition, we place severe limitations on how our partners may use the data at their disposal. The application will not gather further information than is required to respect your right to privacy while providing you with a personalized experience. You can pick how much information you want to share with the app and how customized your fitness journey will be by opting in or out of certain features.