



LitePaper



STABLEFIT MOVE2EARN

StableFit is a Web3 fitness app with inbuilt health tracker elements. In line with our core mission, we developed StableFit, a core feature of our app to aid users and our patients keep fit and keep track of their health status. StableFit is a Move2Earn application that rewards users for just keeping fit. Whether you are walking, running, jumping, or dancing, StableFit is designed to reward you with \$SFT for all your steps.

StableFit Token (SFT) is the in-app game token which will be earned on StableFit Move2Earn app as reward tokens for walking, Running and making steps. StableDoc Token (SDT) remains the Governance Token in the StableDoc ecosystem. Holders of SDT will have the voting power according to the amount of SDT they hold in their wallet. StableDoc Token Holders will be able to participate in decision making in the StableDoc ecosystem by voting on critical issues, hence participating in decision making.

The StableFit app has inbuilt swap function to handle swapping between SFT and SDT. Crypto earned on the App can be used to pay for consultation on StableDoc telehealth platforms or can be withdrawn and sold on exchanges. SFT holders will be able to Stake and Farm SFT or SDT on our Staking Platform: app.stabledoc.com

SFT can also be used to order laboratory investigations or prescriptions on the platform in the future



HOW USERS EARN SFT

Any user can start earning SFT just by moving. No ifs or buts – just download app, register and walk. It is that simple. It's Proof of Walk (PoWa) – replacing Proof of Work (PoW).

Base Daily Earnings

- Base Earnings: Every day, a certain amount of SFT is set aside for the next 20 years.
- Divide by straight-line
- Example, if we plan for 20 years initial earnings, we can do a straight-line 20 by 365.5 years, equal 7,310 days. If we set aside 400m SFTs, that amounts to about 54,720 SFTs made available per day for earning. Obviously over the time, the price will go up such that it is worth more over time in dollar terms.
- The daily total (e.g 54,720) will be divided by all steps taken per day in proportion to total steps taken. E.g. if A walks 10k steps and B walks 20k steps, A will earn half the SFT of B.

Premium Daily Earnings – SDT premium and challenges

- SDT Premium: Users who hold at least 50k SDT in their wallet daily will earn 2x SFT.
- SDT governance holders can vote every 6 months on the minimum amount of SDT to qualify holders to earn 2x SFT.
- Challenges: two types of challenges:
 - Challenges: get SFT donated to carbon efforts, but winners get avatars/ NFTs they can sell or use as social media avatars. SDT token governance owners will vote on specific proposals from members on causes to support and the rewards.
- Championships: People set up Championships and enter with fiat money or SFT and winner takes all, less SFT carbon tax

HOW STABLEDOC BENEFITS FROM STABLEFIT MOVE2EARN

StableFit is largely a community project added/built to reward the entire StableDoc community of users while at the same time encouraging users to keep fit. As a healthcare delivery company we know what it means for our users and patients to keep fit and remain healthy.

Key Features of StableFit

Move2Earn/Move2Green

- Green tax: StableDoc as a health company supports clean and healthy environment for all
- Green donation: Users can designate, in whole or in part, their SFTs to support green initiatives
- Donate: users can donate lump-sum SFT or fiat to the StableFit Carbon Offset Fund
- Future: Donations to green efforts enables donor to mint badges/avatars/icons/NFTs for use on social media.

StableFit Challenges & Events

Users will have the opportunity to participate in different community challenges and earn money which they will choose either to donate towards a course for the week or withdraw for their own use.

Users will also be able to join community events such as cultural parades, pride parades, March for Dimes, etc.

StableFit Social

- Find friends to add to challenges or add as friends

Virtual Products and Stableverse

- Accessories, avatars and other environment friendly-themed NFTs. For example if you plan trees verified, the trees will be minted for you to use as social media badges and icons on Twitter, Instagram, TikTok, etc
Create metaverse of eco buildings, EV cars, environmentally conscious bike paths, run ways, etc
- The climate avatar shop sales will be used to support environmental causes

Sleep to Earn (Sleep Fi)

Sleep to Earn

Diet to Earn (Diet Fi)

Farm Green – SFT staking & farming

FARM GREEN – SFT STAKING & FARMING

\$SFT Burn:

Revenues generated from challenges and tax will be used to burn \$SFT

Holders of SDT will vote on the amount of \$SFT to be sent to burn address every month for 1 year.

\$STF Airdrop: STF airdrop will be distributed to all SDT holders in the proportion of their holdings. Only SDT holders at the time of snapshot will qualify for SFT airdrop.

For consideration: Staked SDT will earn double the air drop?

For consideration: Users who beta test SFT will qualify for airdrop (even if they don't own SDT?)

Easy to use App:

StableFit app user friendly. A user does not need any prior Crypto knowledge to begin to earn Crypto on StableFit app. All you need to do is to download, register and start earning.

Token Economics:

Maximum supply: 1,000,000,000 SFT

Move2Earn mining: 400,000,000 SFT (this will be left to be mined only by move2earn users)

Initial Total supply: 600,000,000 SFT

Airdrop to SDT holders: 50,000,000 – 5%

Public Sale: 200,000,000 – 20%

Liquidity: 100,000,000 (50% of generated fund) – 10%

Immediate CEx Listing: 100,000,000 (50% of generated fund) – 10%

Reserve: 50,000,000 – 5%

Marketing: 50,000,000 – 5%

Development: 30,000,000 – 3%

Rewards: 400,000,000 – 40%

Partners, Advisors & Consultants: 20,000,000 – 2%

Trading Tax:

Carbon (sale) tax: 5%

Buy tax: no tax

Depending on votes by holders, tax will be:

- supplied into the liquidity or
- used to buy carbon offsets or
- used to burn SFT.

Withdrawal:

There will be 2% tax deduction on every withdrawal on the app towards app development and maintenance.

Public sale:

1BNB = 400,000 SFT

Maximum Buy: 2BNB

Minimum Buy: 0.2BNB

Soft cap: 250 BNB: **Hard cap:** 500BNB

Listing

1BNB = 350,000 SFT

Vesting Schedule & Lock up Periods

There will be a whitelist: Only top 350 SDT holders who indicate interest will qualify to enter whitelist.

15 minutes into Presale whitelist will be disabled for other community members to enter.

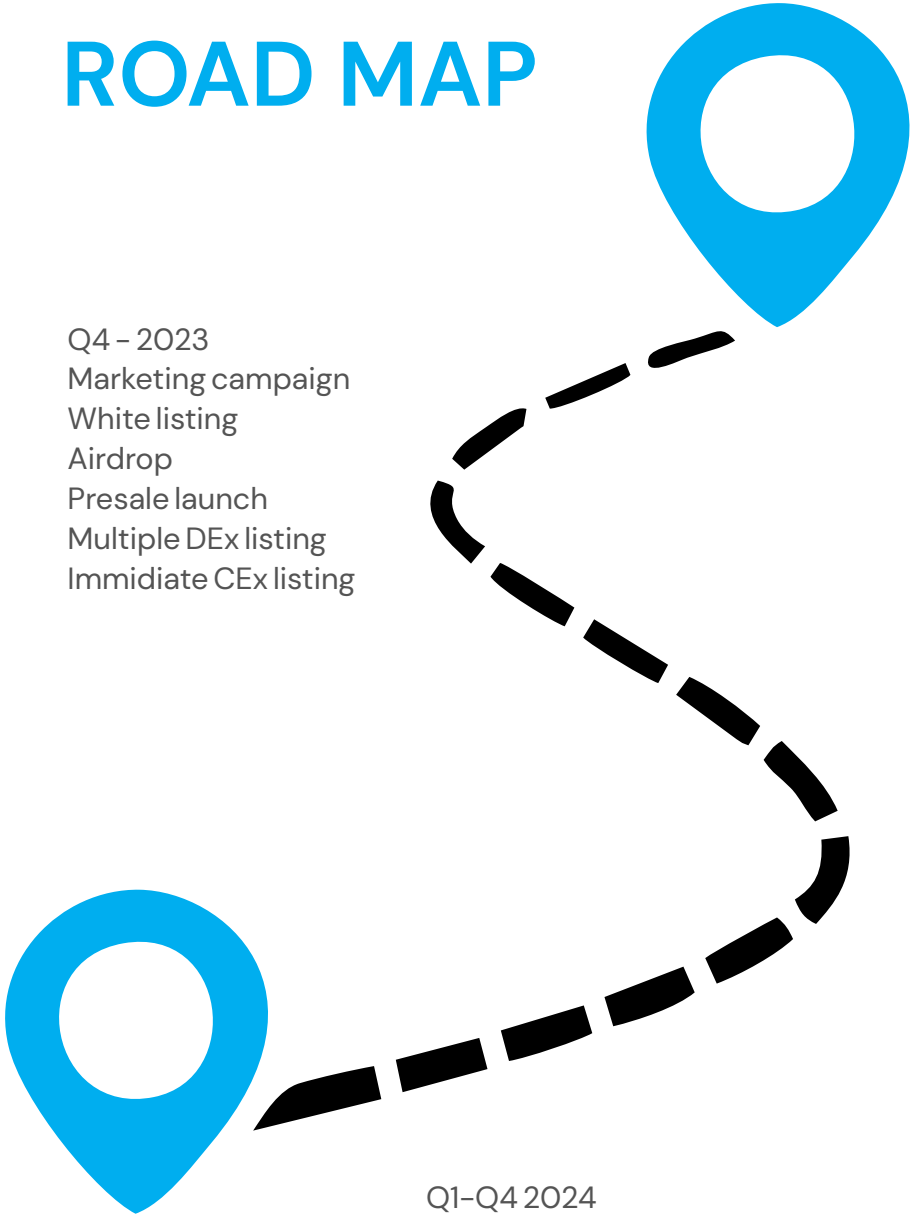
SFT Token Utility

1. Swap for SDT and pay for healthcare services on StableDoc telehealth platform
2. Trade on DEX/CEX
3. Use for Carbon Offset

Summary of relationships between SDT and SFT

1. Only SDT holders can benefit from SFT Airdrop
2. SDT holders will be whitelisted to participate in SFT presale first before non users can join if presale does not sell out with the given time
3. SDT holders can vote on the amount of SFT to be sent to the burn address every month for one year from tax.
4. Earned SFT can be swapped for SDT
5. Earned SFT can be staked to earn SDT
6. Holders of \$500 worth of SDT can double their SFT earning in a day- if a user holds up to \$500 worth of SDT in their wallet, each 10000 steps he/she makes doubles automatically to 20000 steps and SFT earning doubles as well.

ROAD MAP



Q4 – 2023
Marketing campaign
White listing
Airdrop
Presale launch
Multiple DEx listing
Immediate CEx listing

Q1-Q4 2024
SFT burn
Further CEx listing
Token Marketing
StableFit app revamping
Farm green feature
Virtual Products
Diet to earn
Sleep to earn /screen-time break to earn