Atlas — Healthy Exercise → Proof-of-Effort Tokens (Privacy-First)

"Air-Miles-style" recognition for safe, real-world activity—without exporting raw personal data.

What it is

- A phone/watch system that recognizes **healthy exercise** (walking groups, cycling, gym/rehab routines) and issues **proof-of-effort tokens**.
- Runs **on-device**; server receives **proofs-not-data** (no raw motion/biometric data leaves the phone).

Why it helps

- Encourages **consistent participation** and routine-building.
- Enables **loyalty-style incentives** (e.g., partner discounts for transit, groceries, fitness).
- Potential to **save public and healthcare resources** via better adherence and retention (to be evaluated).

Safety & ethics

- **Non-punitive:** rewards never reduce existing benefits.
- **Health-safe:** caps, cool-downs, accessibility carve-outs; human override.
- **Privacy:** zero-knowledge attestations / DP summaries; no raw signals sent.

How it works (simple)

1. Phone/watch converts sensor patterns into **on-device features**.
2. Device creates a **verifiable attestation** (zero-knowledge style).
3. Server validates the proof and mints a **non-punitive token**.
4. Partners can map tokens to **small, practical perks** under their policies.

Companion program: Phoenix Forge

- Not-for-profit track recognizing **arts, music, peer groups, volunteering**—same privacy rails, same non-punitive design.

Status & next step

- Documentation complete; **pilot-ready** pending partner fit and governance review.
- We're **seeking a short meeting** to discuss alignment and ethics; repo/code can be shared later **under NDA** if of interest.

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