ReFit: Bridging Fitness and Web3 for Real-World Rewards

White Paper

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1. Introduction

Millions struggle to maintain healthy habits because motivation fades over time. ReFit was born from personal experience—a journey from a sedentary lifestyle to discovering that consistent activity, when rewarded, transforms lives. Our mission is simple: turn movement into real-world value. By seamlessly integrating traditional fitness with blockchain-powered incentives, ReFit empowers everyday users to adopt a healthier lifestyle while accelerating Web3 adoption.

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2. Core Concept & Mechanics

ReFit is a move-to-earn platform that tracks your physical activity and converts it into a digital currency. Users earn rewards for every step they take, which can be redeemed for discounts and perks in our wellness marketplace. Unlike other solutions like Sweatcoin or STEPN, ReFit uniquely focuses on onboarding traditional Web2 users into Web3 with a user-friendly experience, leveraging gamification to drive long-term engagement.

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3. Blockchain Integration & Scalability

To scale our incentive system, ReFit integrates with blockchain technology—initially leveraging Avalanche for its speed, low transaction costs, and eco-friendly design. This integration ensures transparency, security, and scalability in our reward distribution. Moreover, our architecture is designed to be interoperable with other Web3 ecosystems, paving the way for future expansion and collaboration.

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4. Tokenomics & Incentive Model

Our future token, **ReFit Coin**, will serve as the backbone of our rewards ecosystem. Key elements include:

- **Token Utility:** Used as a medium of exchange in our marketplace, enabling users to earn, trade, and redeem rewards.

- **Distribution Mechanisms:** Designed to incentivize consistent activity through reward multipliers, referral bonuses, and staking options.

- **Economic Alignment:** Creating a self-sustaining economy that ties user behavior to the long-term success of the platform.

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5. Technical Architecture (High-Level)

ReFit's technical framework leverages smart contracts to automate reward calculations and token distributions. The app collects activity data via APIs from services like Google Health Connect and Apple HealthKit, securely transmitting it to our backend where transactions are recorded on-chain. Integrated wallet functionalities allow users to manage their tokens and execute crypto payments effortlessly. Our modular design ensures scalability, facilitating the addition of new features over time.

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6. Roadmap & Future Vision

Roadmap Highlights:

- **Q2 2025:** *Beta Launch* – MVP with step tracking, rewards, and a basic marketplace.

- **Q3 2025:** *Token Launch* – Integration of ReFit Coin on Avalanche.

- **Q4 2025:** *Merchant Expansion* – Onboard 100+ retail partners offering diverse rewards.

- **Q1 2026:** *Advanced Gamification & AI Coaching* – Introduce challenges, tournaments, and personalized insights.

- **Q3 2026:** *Full Web3 Integration* – Enable staking, NFT-based rewards, and on-chain governance.

Future Vision:
We envision ReFit evolving into a global platform that redefines fitness incentives, empowering users to improve both their health and financial well-being through the power of blockchain.

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7. Conclusion & Why Codebase?

ReFit is more than a fitness app—it's a transformative platform that bridges the gap between physical activity and digital rewards. Our team's deep expertise in business, software, and data,

along with strong support from incubators, government agencies, and industry mentors, has enabled us to validate demand, secure early partnerships, and build a working MVP. With Codebase's support, we are ready to scale our solution and onboard millions of new users into the Web3 ecosystem. Join us in making movement truly valuable.