



## Whitepaper Draft

### Introduction

The increasing numbers of diabetes patients is rising yearly at a worrying rate. In 2019, a total of 463 million people is estimated to be living with diabetes. This number is expected to increase to 578 million (10.2%) in 2030 and 700 million (10.9%) in 2045. With the global pandemic and people living in lockdown for the past 2 years, the situation has only got worse.

The global cost of diabetes is set to almost double to \$2.5 trillion by 2030, based on a research study by King's College London.

Today the average person spends the majority of time sitting down - at work, in their car or watching television. This inactivity is one of the leading risk factors for a range of serious health problems including diabetes and heart disease.

### Mission

Introducing XFIT, a decentralised and community driven platform with the mission to reduce the number of obesity patients and bridge the gaps between fitness centre, wellness food market, and digital training fitness content provider and people.

XFIT is powered by XRP Ledger platform - a revolutionary blockchain network that provides faster, cheaper and more scalable transactions than any other digital asset.

### Use Case

#### *For Business Owners*

XFIT aims to form partnerships with businesses in the health and fitness sector (fitness centre, gym centre, yoga centre, health club, health and wellness food market, health event organiser, sport event).

These businesses can choose to accept below XFIT coin as

- Membership by holding certain of amount of XFIT coin to obtain certain privileges and discounts.
- Payment via cryptocurrency coin XFIT, membership fee and product purchase.



### *For Health and Fitness Professionals*

- Trainers will be welcomed on board with a complimentary token of appreciation, upon successful registration and verification by XFIT.
- Ranking of top performers to be highlighted or to receive rewards by token.
- Transformation of current online training videos as trainer's own NFT digital asset.
- Integration of XFIT coin payment service.

### *For Users*

- User will be rewarded by tokens in referrals to new joiners via app.
- Achievement base rewards, where challenges will be published and goals have to be achieved to obtain rewards.
- Loyalty reward and promotion reward.
- Health dashboard, XFIT App will be integrated with wearable devices to collect fitness data measurement developed with complex algorithm to convert to token as rewards.

## **NFT**

Aligning with the current trends and demand of NFTs, XFIT is planning to fully integrate NFT and utilize NFTs for reward, gains, transactional payments, and many more. Join us from beginning and evolve your personalized NFT as you progress on your fitness journey. Digital trademark of ownership is a vital part of the digital fitness industry.

## **Tokenomics**

As an overview, the max supply token will divided to 60% for development to build up the XFIT ecosystem and 40% for community. The remaining ICO token will be kept for XFIT DAO for future development use.

Max Supply: 1,000,000,000

<b>Initial Community Offering (ICO) by stages</b>		<b>Community</b>	
<ul style="list-style-type: none"><li>• Development - 30%</li><li>• Marketing - 12%</li><li>• Legal - 6%</li><li>• Advisor - 2%</li></ul>	60%	<ul style="list-style-type: none"><li>• Airdrop</li><li>• Reward</li><li>• Staking Reward</li><li>• Voting Reward</li></ul>	40%
Exchange Listing – 10%		Etc.	



## *Summary*

We believe XFIT will bring many real life use cases to health and wellness worldwide. With XFIT ecosystem consisting of reward system, partnership access, payment system, social interaction system, gamification system, NFT system and it being built on XPR Ledger platform, we believe XFIT ecosystem will be able to promote better health, and reduce the numbers in diabetes related diseases globally.