



StepsStamp Whitepaper

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1. Executive Summary

StepsStamp is a blockchain-powered ecosystem designed to merge **health, technology, and finance** into a unified platform. The system incentivizes physical activity through a **Proof of Movement (POM)** protocol, rewarding users with **SSBT tokens** for walking. With a fixed supply of **840,000,000 SSBT** deployed on Binance Smart Chain (BSC), StepsStamp provides a sustainable, decentralized financial system where health becomes the mining mechanism.

This white paper outlines the architecture, tokenomics, staking model, NFT-based validator system, and community-driven affiliate network that power StepsStamp.

2. Vision & Mission

Vision

To create a future where health improvement and wealth generation coexist seamlessly, using blockchain as the backbone for transparency and decentralization.

Mission

To improve the health of every user by incentivizing physical movement and transforming it into a sustainable financial opportunity.

3. The Challenge We Address

- **Global Health Crisis:** WHO reports 3.2–5 million preventable deaths each year due to physical inactivity [1].
 - **Rising Chronic Conditions:** Heart disease, type 2 diabetes, obesity, depression, anxiety, sleep disorder and mental health disorders are climbing worldwide.
 - **Engagement Failure:** Most step-tracking apps lose users after a few weeks because they offer no meaningful rewards.
 - **Data Trust Gap:** Many apps store user data centrally, with little transparency or control for users.
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4. The Solution – StepsStamp Ecosystem

StepsStamp merges **health incentives** with **decentralized finance** to solve these challenges. It rewards users for validated steps with SSBT tokens that can be owned, staked, and traded – motivating consistent movement and creating a sense of financial ownership.

The ecosystem is built on three pillars:

- **Health** – Proof of Movement (Steps-based mining)
- **Technology** – Decentralized blockchain infrastructure
- **Finance** – Native SSBT token with fixed supply and staking opportunities

5. Health Impact Evidence - 10,000 Steps/day

Days of Consistent Walking	Heart & Circulation	Brain & Mental Health	Metabolic & Weight	Longevity & Overall
100 Days (~3 Months)	↓ 4–6 mmHg BP (≈10%)	↑ 15% mood & lower stress	↓ 8% BMI	↓ 5% overall risk
150 Days (~ Months)	↓ 15% improved lipid profile	↑ 20% sleep quality	↓ 5–7% body weight, ↓ insulin resistance 15%	↓ 10%
250 Days (~8 Months)	↓ 20% heart disease risk	↑ 25% reduced depression risk	↓ 20–25% T2D risk	↓ 15%
400 Days (~13 Months)	↓ 30% heart attack/stroke risk	↑ 30% cognitive protection	↓ 25% metabolic syndrome prevalence	↓ 30%
730 Days (2 Years)	↓ 58% cardiovascular mortality	↑ 35% dementia risk ↓ 30%, cognitive decline ↓ 50%	↓ 30% sustained metabolic health	↓ 46% all-cause mortality

Evidence Source: Peer-reviewed studies including Brown et al. (2006) [4], Lee et al. (2019) [5], Maruyama et al. (2010) [6], and UK Biobank (2022) [7].

6. StepsStamp Ecosystem Components

The StepsStamp ecosystem is built on a decentralized model with three core components:

A. SSBT (StepsStamp Blockchain Token)

SSBT is a utility token deployed on the Binance Smart Chain (BSC). It serves as the primary medium of exchange within the ecosystem. Its supply is limited and cannot be printed by any central authority. SSBT can be earned through PoM mining and staking. It will be used for buying NFTs, staking to earn more rewards, and trading on decentralized exchanges (DEX) [2].

B. StepsStamp Blockchains (NFTs)

NFTs are central to the ecosystem, acting as "validators" and granting mining rights to their owners. Each NFT tier (White, Black, Silver, Gold, and Green) has a corresponding price, a set duration of "mining blocks" (days), and a daily bonus of SSBT. NFT holders participate in the daily mining reward pool.

C. DSSS (Decentralized StepsStamp Staking)

DSSS is a decentralized staking pool managed by a smart contract on the blockchain. Users can lock their SSBT tokens in the pool to earn a share of the daily staking rewards, which are distributed proportionally. This provides a fixed-supply, transparent, and automated way for users to generate passive rewards. Users can choose between auto-staking (compounding rewards) or manual staking (rewards sent directly to their wallet).

7. Core Components

7.1 StepsStamp Blockchain (NFTs)

NFTs represent validator nodes in the system and grant access to daily mining rewards. Each NFT tier has a price, a fixed number of mining blocks (days), and guaranteed SSBT bonuses. The tiers are:

StepsStamp Blockchains (NFTs)



NFT Tier	Price (USDT/BNB)	Blocks (Days)
White	100	100 days
Black	150	150 days
Silver	200	250 days
Gold	1,000	400 days
Green	5,000	730 days

Each NFT grants the holder mining capacity for the specified number of days (blocks). After the blocks are completed, the NFT retains historical value and ownership record but no longer generates new mining rewards.

7.2 SSBT Token

- **Total Supply:** 840,000,000
- **Blockchain:** Binance Smart Chain (BSC)
- **Utility:** Mining rewards, staking, NFT payments, and DEX trading
- **Scarcity:** Fixed supply with no possibility of additional minting

7.3 DSSS (Decentralized StepsStamp Staking)

A smart contract-powered staking pool distributing **10,000 SSBT/day** for 60 years. Users can choose between:

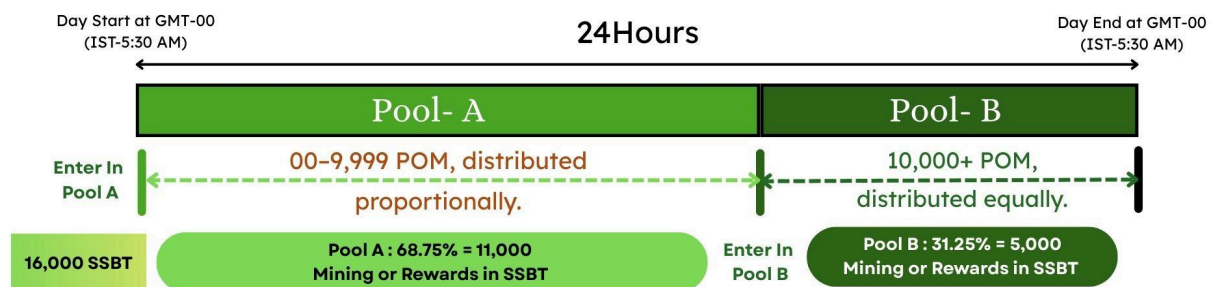
- **Auto Staking** – Rewards are automatically compounded daily
- **Manual Staking** – Rewards are sent to the wallet daily

7.4 Proof of Movement Mining

- **Daily Distribution:** 16,000 SSBT/day for 60 years
- **Pool A (68.75%) 11,000 SSBT:** 0–9,999 steps – rewards distributed proportionally
- **Pool B (31.25%) 5,000 SSBT:** 10,000+ steps – rewards distributed equally

1 Walk, Earn and Repeat

Daily Mining Rules - For ALL NFT Owners



***1 Proof or Movement = 1 Step*

8. Tokenomics (Total Supply: 840,000,000 SSBT)

Category	Allocation (SSBT)	Percentage	Duration
Mining (NFT Owners)	336,000,000	40%	60 years
Staking (DSSS)	226,800,000	27%	60 years
Founders	60,000,000	7.14%	4–5 years

Initial Investors	50,000,000	5.95%	3–4 years
Team	40,000,000	4.76%	2–3 years
Genesis Users	53,700,000	6.39%	Reserved
Crowd Sale	15,000,000	1.79%	45 days
Partnerships & Marketplace	30,000,000	3.57%	Reserved
Launch, Referral & Collaboration	28,500,000	3.39%	Reserved
Total	840,000,000	100%	–

9. NFT Economics (Initial 10,000 Users - 53,700,000 SSBT)

Tier	Price (USDT/BNB)	Blocks (Days)	SSBT/Day Bonus	Initial Buyers	Total Bonus per Buyer (SSBT)
White	100	100	1	3,500	100
Black	150	150	3	3,000	450
Silver	200	250	7	2,000	1,750
Gold	1,000	400	30	1,000	12,000
Green	5,000	730	100	500	73,000

10. NFT Affiliate Network (NAN)

A 5-level decentralized referral system that rewards users for inviting others to the ecosystem.

Level	Bonus (%)
Level 1	15%

Level 2	7%
Level 3	4%
Level 4	2%
Level 5	2%
Total	30%

11. System Architecture & User Flow

11.1 Step Validation & Mining Rules

- Users must **validate steps daily** — unvalidated steps earn no rewards.
- **Pools:**
 - **Pool A:** 11,000 SSBT → 0–9,999 steps → proportional rewards.
 - **Pool B:** 5,000 SSBT → 10,000+ steps → equal rewards.
- Smart contracts calculate rewards at 00:00 GMT and make them claimable.

11.2 Wallet-Centric Design

- A Web3 wallet (Metamask) is required to access the app.
- NFTs (validator nodes) and SSBT tokens are stored in the user's wallet.
- Users control their assets — not the company.

11.3 Reward Claim Process

- Users claim rewards with a single blockchain transaction.
- No central interference — fully automated and trustless.

11.4 Architecture Diagram

User Steps → Step Validation (App) → Smart Contract (BSC)

→ Pool A/B Logic → SSBT Reward Calculation

→ Claim Function → User Wallet (Metamask)

12. Security & Transparency

- 100% smart contract-driven ecosystem
 - Decentralized validator model using NFTs
 - Daily reward distribution executed via blockchain automation
 - No central authority or manual interference
-

13. Hybrid Execution Model

The StepsStamp launch is designed in **five carefully planned phases** to ensure fairness, scarcity, and a smooth transition from launch to a fully decentralized health–finance ecosystem.

Phase 1 – Crowd Sale + NFT Sale (Day 1–20)

- **SSBT for Sale:** 5,000,000 SSBT
- **Price:** \$0.05 USDT or BNB/SSBT
- **Objective:** Raise initial liquidity for DEX pool and ecosystem reserves
- **NFT Purchases:** Available in USDT or BNB (via Metamask wallet)
- **Early Incentive:** First 10,000 NFT buyers receive guaranteed daily SSBT bonuses (53.7M SSBT reserved)

Phase 2 – Crowd Sale Continuation (Day 21–35)

- **SSBT for Sale:** 5,000,000 SSBT
- **Price:** \$0.06 USDT or BNB/SSBT
- **Same Benefits as Phase 1:** NFT purchases remain in USDT or BNB, early buyers still qualify for bonus allocations

Phase 3 – Final Crowd Sale Window (Day 36–50)

- **SSBT for Sale:** 5,000,000 SSBT
- **Price:** \$0.07 USDT or BNB/SSBT
- **Purpose:** Final opportunity to acquire SSBT before public launch
- **Scarcity Mechanism:** All unsold SSBT burned after Day 50
- **Outcome:** Creates strong price floor and supports token value ahead of liquidity launch

Phase 4 – Liquidity Pool & Mining Launch (Day 51)

- **Liquidity Pool Creation:** SSBT-USDT LP established on PancakeSwap
- **DSSS Staking:** Begins with **10,000 SSBT/day** reward distribution
- **Proof of Movement Mining:** Starts with **16,000 SSBT/day** distributed to NFT holders
- **Smart Contract Automation:** Daily reward distribution at 00:00 GMT with full transparency

Phase 5 – SSBT-Only Ecosystem (Post-Day 51)

- **Payments Switch to SSBT:** NFTs, staking transactions only available using SSBT at live DEX price
- **Full Decentralization:** Users must connect Metamask wallet to buy NFTs, receive SSBT rewards, and stake tokens
- **Self-Sovereignty:** Users retain full ownership of NFTs and SSBT (no central authority control)
- **Continuous Mining & Staking:** Rewards continue daily for 60 years under fixed-supply rules

Key Advantages

- **Scarcity-Driven Launch:** Unsold tokens burned after phase 3 → strengthens tokenomics
- **Progressive Price Model:** 0.05 → 0.06 → 0.07 USDT ensures early buyers get maximum benefit
- **Decentralized Rewards:** Mining + staking handled by smart contracts — no manual interference
- **Fair Distribution:** Every user validates their own steps, preventing manipulation and ensuring proof-based rewards

14. Why Finance Matters

Most health apps fail because motivation fades quickly. StepsStamp solves this by:

- **Turning Steps into Assets** – every validated step contributes to token rewards.
- **Creating Ownership** – users hold NFTs and SSBT in their own wallets.
- **Enabling Compounding Wealth** – staking rewards grow over time.

Ensuring Fair Play – rules are enforced by smart contracts, not by a centralized authority.

15. Roadmap

- **Phase 1:** Crowd Sale & NFT Sale (Day 1–20) – 5M SSBT @ \$0.05, NFT sales in USDT or BNB, unsold tokens burned.
 - **Phase 2:** Crowd Sale (Day 21–35) – 5M SSBT @ \$0.06, continued NFT sales, unsold tokens burned.
 - **Phase 3:** Final Sale (Day 36–50) – 5M SSBT @ \$0.07, last chance before launch, unsold tokens burned.
 - **Phase 4:** Launch (Day 51) – Liquidity pool, Proof of Movement mining & DSSS staking start.
 - **Phase 5:** SSBT-Only Ecosystem – All payments in SSBT, marketplace expansion, DAO (Decentralized Autonomous Organization) & governance rollout.
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16. Comparative Analysis

Aspect	Traditional Step Apps	StepsStamp Ecosystem
Motivation	Badges, leaderboards	Real financial rewards in SSBT
Economic Incentive	None	Steps = Proof of Movement → SSBT Mining
Engagement	Drops off after weeks	Long-term due to staking + NFT ownership
Control	Data stored centrally	User validates steps, holds NFTs & SSBT in wallet
Mining	N/A	Pool A & Pool B rules, automated by smart contracts
Transparency	Algorithms hidden	100% verifiable on-chain

Wallet Requirement	Not required	Mandatory Metamask
Fairness	Possible spoofing	No manipulation, verified steps only

17. Conclusion

StepsStamp redefines the intersection of health and finance by making **walking a wealth-generating activity**. With a strong tokenomics model, fixed supply, and community-driven growth engine, it aims to create a sustainable ecosystem that rewards both physical and financial discipline.

StepsStamp is not just an app — it is a movement to turn **health into wealth**.

18. References

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Website: www.stepsstamp.com

Contact: contact@stepsstamp.com

Disclaimer

StepsStamp and SSBT tokens are designed to create a decentralized health-and-finance ecosystem. While every effort has been made to ensure accuracy of the information presented, this document is subject to change as the project evolves. The use of blockchain technology and digital assets carries inherent risks, including but not limited to market volatility, regulatory changes, and technological vulnerabilities. Users accept full responsibility for participation in the ecosystem.