

Fit & Free Token (\$FFT) Litepaper v1.0 – August 2025

Litepaper v1.0 | August 2025

Your Fitness. Your Freedom. Your Future.

Introduction: The Vision

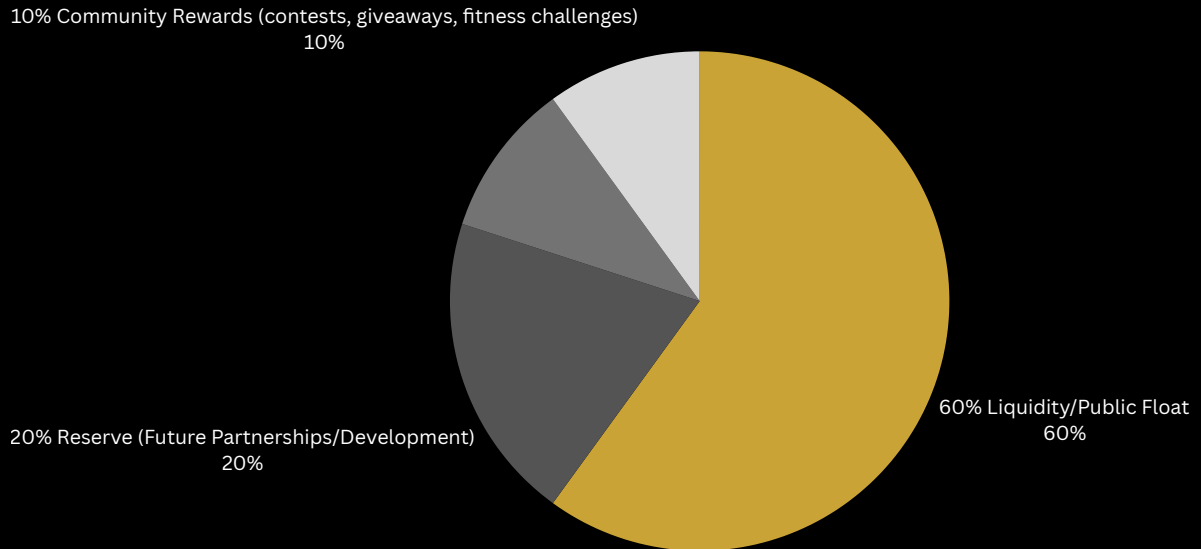
“Discipline is the ultimate currency.”

Fit & Free Token (\$FFT) is more than a cryptocurrency. It's a **movement of discipline** connecting three worlds:

- **Fitness:** visible proof of health & progress.
- **Finance:** building sustainable wealth through consistency.
- **Travel:** unlocking lifestyle freedom.

FFT is built on the founder's real transformation journey, proving that the same principles that build strength also build wealth.

Tokenomics (Fixed & Transparent)



- **Total Supply: 1,000,000 FFT (fixed, cannot be minted further).**
- **Allocation:**
 - **60% Liquidity/Public Float**
 - **20% Reserve (Future Partnerships/Development)**
 - **10% Community Rewards (contests, giveaways, fitness challenges)**
 - **10% Marketing & Ecosystem Growth**

This allocation ensures transparency, long-term stability, and a foundation for growth.

Roadmap

Phase 1 (Now)

Phase 2 (3-6 mo)

Phase 3 (6-12 mo)

Phase 4 (Future)

Phase 1 (Now)

- Token Launch
- PancakeSwap Live
- Litepaper Release
- Socials Active

Phase 2 (3-6 Months)

- Community Growth
- Fitness/Finance Content
- Early Contests & Giveaways

Phase 3 (6-12 Months)

- Ecosystem Expansion
- Fitness Partnerships
- Merch & Coaching
- Travel Perks

Phase 4 (Future)

- CoinMarketCap & CoinGecko Listings
- Exchange Partnerships
- Utility Scaling



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Why FFT: Proof of Discipline

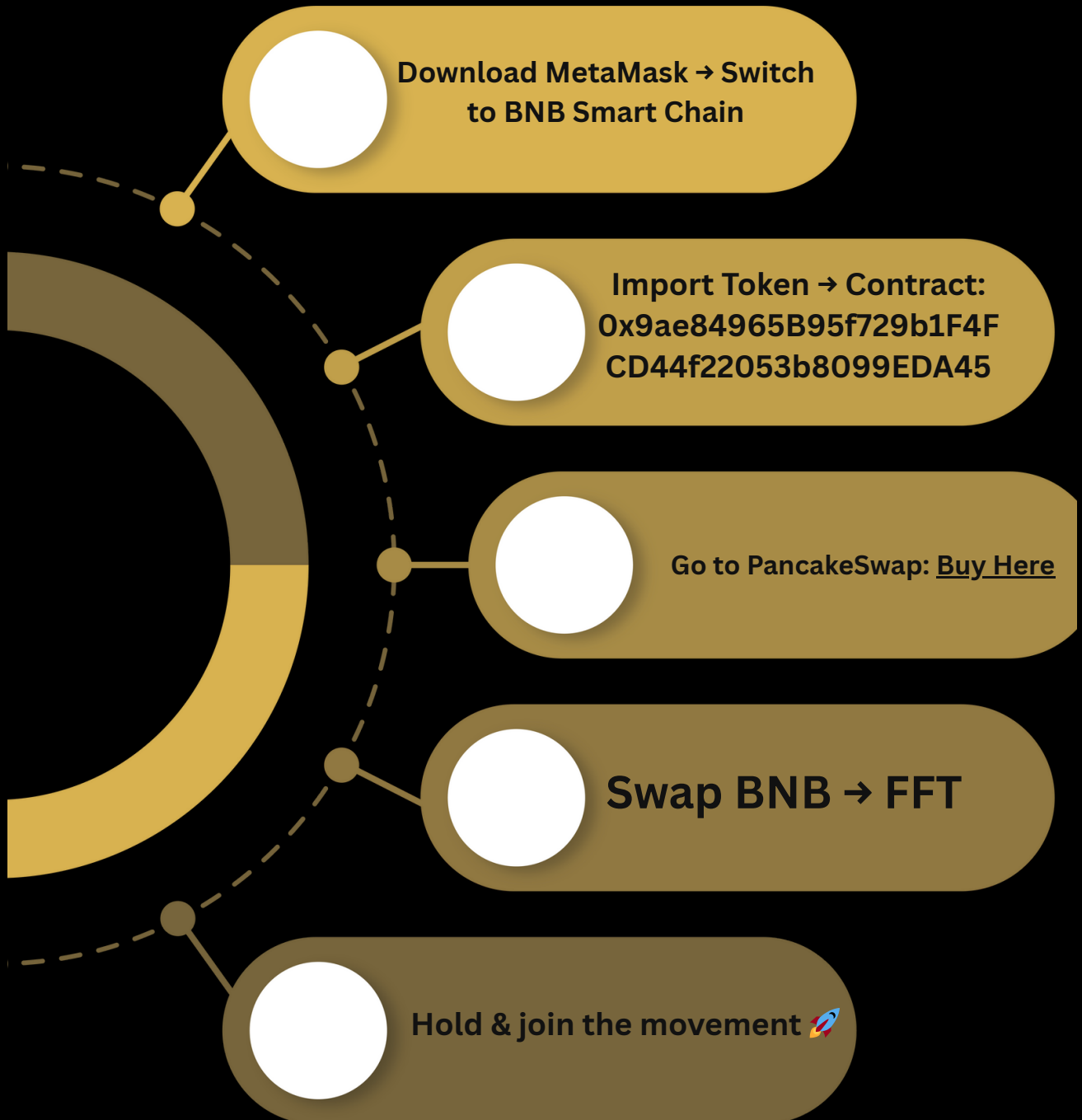
“Hype fades. Discipline lasts.”

Most tokens only show charts. FFT shows real progress. Every cardio session, every meal prep, every transformation fuels this movement.



Founder's
transformation: Week 1
→ Week 5 (Proof of
Discipline)

How to Buy FFT



Join the Community 🌐

Fitness • Finance • Travel

- Twitter: [@fitfreetoken](#)
- Facebook: [@fitfreetoken](#)
- Instagram: [@fitfreetoken](#)
- Discord: <https://discord.gg/4JSQbmyvGe>
- Telegram: <https://t.me/fitfreetoken>
- Website: fitfreetoken.com
- Email: Info@fitfreetoken.com