



MoveQuest/Getfit Mining

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GENERAL PREPARATION INSTRUCTIONS FOR GETTING STARTED

NOTE: BELOW ARE THE GENERAL INSTRUCTIONS ABOUT HOW TO SET EVERYTHING UP FOR BOTH ANDROID AND APPLE. DETAILED INSTRUCTIONS EITHER FOLLOW BELOW AFTER THE GENERAL INSTRUCTIONS, OR ELSE THERE WILL BE A LINK TO CLICK WITH EACH SPECIFIED PLATFORM. CLICKABLE LINKS WILL BE '**BLUE**'. PLEASE ALSO NOTE THAT THE GETFIT MINING APP WILL BE REBRANDING TO MOVEQUEST WHEN WE HARD LAUNCH SO WHENEVER YOU READ GETFIT MINING OR MOVEQUEST, THEY ARE ONE AND THE SAME

****FOR SAMSUNG USERS****

PLEASE READ ALL INSTRUCTIONS CAREFULLY

1. Download **Exodus** on **computer desktop** (this will be used to buy crypto and send to Metamask (the wallet you will use with the app)), it's an easier process this way:

<https://www.exodus.com/download> - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

NOTE: Once you have created an account on your desktop you can then download Exodus on your phone if you choose to. You will need your 12-word secret phrase that you received when you set this up on desktop, keep this secret phrase written down in multiple secure locations as you will need it if you ever get locked out of our account, and you will not be able to access your account again without it.

CLICK BELOW TO ACCESS AN EXODUS TUTORIAL!

https://www.youtube.com/watch?v=QG1bSwjg_s&t=10s

2. Download **Metamask** on **Google Chrome** (not safari or any other browser), and make sure to pin it to your extensions after installing (you pin it by clicking on extensions {the puzzle piece to the right of the url browser field} and then clicking on the pin). This is the wallet that will be used for the GetFit Mining app: <https://metamask.io/download> - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

CLICK HERE FOR DETAILED INSTRUCTIONS FOR METAMASK SETUP OR SEE BELOW FOR THE NUMBERED STEPS!

<https://www.90dayplan2freedom.com/metamasksetup.htm>

3. Once you have completed setting up Metamask on desktop, you then download **Metamask** on your phone: Go to **Play Store** -> Search **Metamask** -> **Download** (it will ask you for your secret phrase that you got during setup, so have that ready) - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

NOTE: Remember you will need your 12-word secret phrase that you received when you set this up on desktop. As mentioned above, keep this secret phrase written down in multiple secure locations as you will need it if you ever get locked out of our account, and you will not be able to access your account again without it.

4. Download **Google Fit** on your phone: Open **Play Store** -> Search **Google Fit** -> **Download** - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

5. Open **GetFit Mining** on your **Desktop**: using the url the person who shared this with you provided for GetFit Mining...it will look like this <https://getfitmining.com/start/TheirWalletAddress> - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

6. Download **GetFit Mining** on your **Phone**: Open **Play Store** -> Search **GetFit Mining** -> **Download** - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

7. Download **Health Connect** on your phone: Open **Play Store** -> Search **Health Connect** -> **Download** - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

****FOR APPLE USERS****

PLEASE READ ALL INSTRUCTIONS CAREFULLY

1. Download **Exodus** on **computer desktop** (this will be used to buy crypto and send to metamask {the wallet you will use with the app}), it's an easier process this way:

<https://www.exodus.com/download> - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

NOTE: Once you have created an account on your desktop you can then download Exodus on your phone if you choose to. You will need your 12-word secret phrase that you received when you set this up on desktop, keep this secret phrase written down in multiple secure locations as you will need it if you ever get locked out of our account, and you will not be able to access your account again without it.

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2. Download **Metamask** on **Google Chrome** (not safari or any other browser), and make sure to pin it to your extensions after installing (you pin it by clicking on extensions {the puzzle piece to the right of the url browser field} and then clicking on the pin). This is the wallet that will be used for the GetFit Mining app: <https://metamask.io/download> - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

CLICK HERE FOR DETAILED INSTRUCTIONS ON METAMASK SETUP OR SEE BELOW FOR THE NUMBERED STEPS!

<https://www.90dayplan2freedom.com/metamasksetup.htm>

3. Once you have completed setting up Metamask on desktop, you then download **Metamask** on your phone: Go to **App Store** -> Search **Metamask** -> **Download** (it will ask you for your secret phrase that you got during setup, so have that ready) - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

NOTE: Remember you will need your 12-word secret phrase that you received when you set this up on desktop. As mentioned above, keep this secret phrase written down in multiple secure locations as you will need it if you ever get locked out of our account, and you will not be able to access your account again without it.

4. Download **Apple Health** on your phone: **App Store** -> Search **Apple Health** -> Download - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

5. Open **GetFit Mining** on your **Desktop**: using the url the person who shared this with you provided for GetFit Mining...it will look like this <https://getfitmining.com/start/TheirWalletAddress> - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

6. Download **GetFit Mining** on your **iPhone**: Open your **Chrome Browser** and search for getfitmining.com, scroll down to approximately the middle of the page where it says "GetFit Mining on Mobile" -> click the **Download on the App Store** button. A page will

display with 'Step 1: Get TestFlight' at the top, and 'Step 2: Join the Beta (for GetFit Mining)' -> click the **View in App Store** button at the bottom of Step 1, which will bring you to the App Store -> **Download TestFlight** by clicking **Get** and **Install** -> Click **Open** -> Click **Allow** for TestFlight to send you notifications -> Select **Continue** -> **Agree** to the terms & conditions -> A screen will now come up that says 'Ready to Test' with a blue 'Redeem' button, do not do anything here. You now want to leave this page open as is, go back to the webpage on your browser and click the **Start Testing** button at the bottom of Step 2 under the GetFit logo -> Click **Accept** on the GetFit Mining page that opens -> Click **Install** -> Click **Open** -> Click **Next** -> Click **Start Testing**. You're now inside the GetFit Mining App, Congratulations! Stay here and continue to the next step. **NOTE:** Whenever there are updates to GetFit Mining you will be notified in TestFlight. You want to be sure that you always perform all of the updates. - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

7. Authorize Apple Health to share your physical data with GetFit Mining: On the **GetFit Mining** page, **Click** the **Authorize** button in the **Activity Data** box -> This will take you to the Health Access page in **Apple Health**, **Click** the **Turn On All** button -> Select **Allow** in the upper right hand corner. **NOTE:** To verify that the GetFit Mining App has synced to your Apple Health, look at the number of steps that are showing for you in the Steps ring on the home page in GetFit Mining, then go to Apple Health, choose Summary at the bottom to see your data and look for your steps, the numbers should match. - **DETAILED SETUP INSTRUCTIONS FOLLOW BELOW**

DETAILED INSTRUCTIONS FOR ALL APPLICABLE APPS MENTIONED ABOVE (LISTED IN ASCENDING ORDER PER THE GENERAL INSTRUCTIONS)

EXODUS

1. Open **Google Chrome**
2. Go to <https://www.exodus.com/download>
3. Download **Exodus** for your specific device
4. Open **Exodus**
5. Go to **Settings** in the top right corner
6. Select **Backup**
7. Create a unique **password** - ****IMPORTANT**** = Do not forget to write your password down and save it somewhere secure
8. You will then be given a **12 Word Secret Phrase** - ****IMPORTANT**** = Write this secret phrase down **NUMBERED & IN ORDER**. This is how you can recover your account if ever needed and link your account to different devices, **DO NOT** lose this or you will be locked out of your account forever and not be able to access any of your money in there. Make sure you save this information in multiple areas (ex. Firesafe box, password app, etc.)

9. Answer the **Security Question** then select **Done**
10. Go back to **Home** (click the logo at the top left)
11. Once you're ready to purchase AVAX (this is the abbreviation for the token called 'Avalanche' which is the crypto coin used to pay gas fees in GetFit mining), continue with the instructions, if you're not ready you can set up the rest of the apps and continue to the Metamask instructions below
12. To load your wallet with AVAX so that you can make your purchase... Select the **Fiat Onramp** tab at the top middle of the screen in Exodus (it has a dollar sign logo) and make sure you're on the **Buy Crypto** tab
13. Select the currency you use in your country on the top bar
14. Select **AVAX** (this is the acronym for the token Avalanche) as the currency you're receiving. ****IMPORTANT** = Make sure** it says AVAX**C** (this is AVAX in the C-Chain Network) next to AVAX in the search dropdown menu or it will be the wrong token (there's more than one AVAX to choose from so the "C" is very important to be sure it's the right one)
15. Type the amount of money you want to exchange from Fiat (government issued currency, ie. the USA or Canadian Dollar) -- ****IMPORTANT** IT CURRENTLY TAKES APPROXIMATELY \$90 USD/\$120 CAD TO PURCHASE 1 LENNY MINER AND DOCK IT. THIS INCLUDES TRANSFER FEES AS WELL, SO MAKE SURE YOU DOUBLE CHECK THE CURRENT TOKEN VALUES OF BOTH AVAX AND MQT TO MAKE SURE YOU BUY ENOUGH AVAX TO COMPLETE THE FULL TRANSACTION**
16. Select **Continue**, this should open a tab on Google Chrome called **MoonPay**
17. Make sure you are on the **Buy** tab for crypto in MoonPay, if you're not then click the **Back** arrow to get to the buy screen
18. Double check to make sure the information for buying crypto is correct, then select **Continue**
19. Follow the instructions to add your **personal information**. Once you complete the steps the transaction should go through
20. Go back to **Exodus**
21. Click **Home** (the exodus logo in the top left)
22. Click the **Wallet** tab at the top of the screen
23. Search for **Avalanche** (the acronym is AVAX) by using the **Search Bar** at the top left or scrolling through the crypto currencies using the arrows on the left and right side of the row showing all the token options

24. Your money should now be in your wallet (this may take a few minutes, if it doesn't show up in several minutes you may want change tabs and come back), now you are going to be sending your money to your Metamask account which needs to be setup

****PAUSE HERE AND GO TO THE METAMASK INSTRUCTIONS BELOW TO SET UP YOUR METAMASK ACCOUNT ON BOTH DESKTOP AND MOBILE BEFORE CONTINUING THE REST OF THE STEPS FOR EXODUS. WHEN YOU HAVE COMPLETED ALL METAMASK STEP FOR BOTH DOWNLOADING AND CONFIGURING, CONTINUE WITH STEP #25 IN THE EXODUS STEPS BELOW****

25. Open **Metamask**, making sure you're on the Avalanche Network (check this by hovering on the icon in the top left corner of Metamask and making sure your account name at the top middle says GetFit Mining; note the Avalanche icon on the left is a red circle with a white symbol that looks like an "A" in the center).

26. Copy your **Metamask wallet address**, you'll find this in the bottom middle on the header in Metamask underneath your wallet name "GetFit Mining"

27. Go back to **Exodus**. Once you're on the **AVAX** network in Exodus (by following the above instructions before we went to Metamask to copy that wallet address), select **Send**

28. Paste your **Metamask** wallet address in the '**Send To**' address field and double check the first few and the last few digits to make sure it is the correct address

29. Select **All** beside 'AVAX' below the address field to send all of your AVAX to Metamask, **or** select the amount you want to send. **Note:** You have to send more than 3 AVAX in order to have enough to purchase one Lenny NFT in GetFit mining, so please double check the current values of both AVAX and MQT prior to completing all transactions

30. Click **Send** when you're ready to send your AVAX to Metamask

YOUR MONEY SHOULD NOW BE IN YOUR METAMASK WALLET, ONCE COMPLETED CONTINUE WITH THE INSTRUCTIONS BELOW TO SET UP METAMASK ON YOUR MOBILE IF YOU HAVEN'T DONE SO ALREADY

DOWNLOADING METAMASK (ON DESKTOP)

1. Open **Google Chrome**, ****IMPORTANT**** = This will only work on Google Chrome it will NOT work on other browsers like Safari, and you will only need to do this on desktop for opening an account on the wallet, for everything else you can use your phone

2. Open an account with **Metamask**, go to <https://metamask.io/download>

3. Select **Install Metamask for Chrome**

4. Click **Add to Chrome**

5. Click **Add Extension**

6. Select **Get Started**
7. Agree to the terms and conditions
8. Select **Create a Wallet**
9. Create a unique password - ****IMPORTANT**** = Don't forget to write this down and save this somewhere secure
10. Agree to the terms and conditions
11. Select **Create**, and then **Next**
12. Select the option to **Reveal Secret Words** - ****IMPORTANT**** = Write this secret phrase down **NUMBERED & IN ORDER**. This is how you can recover your account if ever needed and link your account to different devices, **DO NOT** lose this or you will be locked out of your account forever and not be able to access any of your money in there. Make sure you save this information in multiple areas (ex. Firesafe box, password app, etc.)
13. Click **Next**, then answer the security question and select **Confirm** once correctly selected
14. Select **All Done**

YOUR ACCOUNT IS NOW SETUP AND YOUR APP IS READY TO BE CONFIGURED. SCROLL DOWN FOR FUTHER INSTRUCTION

DOWNLOADING METAMASK (ON MOBILE)

1. Go to **Play Store** or **App Store**
2. Search for **Metamask**
3. Select **Download**
4. Open **Metamask**
5. Select **Import Wallet**
6. Type your **12 unique words** that you previously wrote down during setup on desktop into the **Secret Phrase** field. Type each word in numerical order with only a space in between each word (**DO NOT INCLUDE THE NUMBERS**)
7. Use the password you created for your account during setup on desktop and type it into the **Password** field as well as the **Confirm Password** field

YOUR ACCOUNT IS NOW SETUP AND YOUR APP IS READY TO BE CONFIGURED. SCROLL DOWN FOR FUTHER INSTRUCTION

CONFIGURING METAMASK FOR BOTH DESKTOP AND PHONE

1. Select the **Network Type** (icon at the top left). It should be on Ethereum Mainnet by default
2. Click **Avalanche Mainnet C-Chain**. If it is not showing in the list of options, select **Add Network** at the bottom and search for it. **MAKE SURE** you choose the Avalanche “**Mainnet C-Chain**” as there is more than one Avalanche Network. The Avalanche should always be **C Chain** in both exodus and metamask
3. Click on your **Account** name in the top middle of your screen header
4. Click the **3 dots** to the right of your account name
5. Select **Account Details**
6. Select the **Edit** button beside your account name
7. Change the account name to **GetFit Mining**, then click the “**check mark**”
8. Go back to **Home** and click **Import Tokens** near the bottom of the page
9. Select the **Custom Token** tab
10. **Copy and paste** **0xef0cdae2FfEEeFA539a244a16b3f46ba75b8c810** for the MQT (Avalanche) Contract into the **Token address bar**. It should say MQT token when you do this, if so, select **Next**
11. Select **Import Tokens** again, then the **Custom Token** tab
12. Copy and paste **0x9702230A8Ea53601f5cD2dc00fDBc13d4dF4A8c7** for the USDT (Avalanch) Contract into the **Token Address Bar**. It should say USDT Tether Token, if so, select **Next**

YOUR ACCOUNT IS NOW ALL SET UP AND YOU CAN CONTINUE WITH STEP #25 FOR EXODUS (WHERE YOU PAUSED IN THE ABOVE INSTRUCTIONS). ONCE YOU COMPLETE THAT, YOUR AVAX SHOULD SHOW IN YOUR METAMASK WALLET AND YOU CAN CONTINUE WITH THE PURCHASE OF YOUR LENNY NFT, SCROLL DOWN FOR FURTHER INSTRUCTION

DOWNLOADING AND USING GOOGLE FIT FOR ANDROID

1. Go to **Play Store**
2. Search for **Google Fit**
3. Select **Download**
4. Open **Google Fit**

5. Continue with your **Google Account (gmail)**, if you don't already have one you will have to create one

6. Make sure the information you put in for your height and weight is correct!

****PAUSE HERE AND FOLLOW THE INSTRUCTIONS LISTED BELOW TO SET UP HEALTH CONNECT. WHEN YOU HAVE COMPLETED ALL OF THE HEALTH CONNECT STEPS, CONTINUE WITH STEP #7 IN THE GOOGLE FIT STEPS BELOW****

7. **AFTER YOU CONFIGURE HEALTH CONNECT:** on the home page of **Google Fit** in the first box there should be an option to **link to health connect**, select this

8. To track workouts select the **Plus Sign** button on the bottom right and select **Track Workout**, then select the type of workout you're doing and your phone will track it for you. Once done select the **Pause** button, then the **Stop** button

9. Samsung does not automatically track your **Sleep**, therefore you have to do so manually by clicking the **Browse** button (third icon to the right at the bottom), then select **Sleep**, and then select the **Add** button at the top right

ONCE THIS IS COMPLETED CONTINUE TO THE GETFIT MINING INSTRUCTIONS BELOW

DOWNLOADING AND USING HEALTH CONNECT FOR ANDROID

1. Go to **Play Store**

2. Search for **Health Connect**

3. Select **Download**

4. Open **Health Connect**

5. Select **Set Up** and follow the process

6. Select **Allow All** for permissions to access **Google Fit** and **GetFit Mining**. Do not allow access for Samsung Health in the Health Connect App as it does not sync to GetFit Mining

ONCE COMPLETED CONTINUE WITH STEP #7 IN THE DOWNLOADING GOOGLE FIT INSTRUCTIONS

DOWNLOADING AND USING APPLE HEALTH FOR IPHONE

1. Go to **App Store**

2. Search for **Apple Health**

3. Select **Download**

4. Open **Apple Health**

5. Follow all the steps and set up the account

6. Set what activities you want to track. Make sure **STEPS, CALORIES, SLEEP, WORKOUTS,** and **DISTANCE** are toggled on to be measured

7. Using an **Apple Watch** will track your **Workouts**. If you don't have an Apple Watch you cannot track your workouts at this time because Apple Health does not automatically track your workouts using iPhone and the mobile won't sync them the GetFit Mining. **NOTE:** Workouts account for 30% of our earnings, so it is our professional opinion it is worth investing in a GPS Apple Watch (ie. the SE version) to track your steps, distance, workouts, and calories

8. Apple Health does not automatically track your sleep. You will have to set a **Sleep Schedule** in Apple Health: Select **Sleep** in Apple Health -> Scroll down and click the **Start** button -> Continue by **Setting a Sleep Time** using the rotating wheel (it is recommended to set your sleep schedule to cover more than the hours you will be sleeping {ie. 10:30pm to 8:30am} to make sure you don't miss tracking any sleep. As soon as you pick up/open your phone during these hours, it will automatically know you are awake and will stop tracking) -> Make sure all days of the week are toggled on (highlighted blue) to track your sleep each day -> Click **Done** in the top right corner. **NOTE:** Apple Watch will not track your sleep. It is advised to track your workouts and other physical activity during the day using Apple Watch and track your sleep at night using your iPhone. Please make sure that the appropriate device is toggled on in the Settings tab inside GetFit Mining or your data will not be tracked properly.

ONCE THESE STEPS ARE COMPLETED CONTINUE WITH THE GETFIT MINING INSTRUCTIONS BELOW

CONFIGURING GETFIT MINING AND METAMASK TOGETHER

THIS CAN BE DONE ON YOUR PHONE THROUGH YOUR METAMASK BROWSER OR ON DESKTOP, SEE BELOW

1. Open **Metamask**

IF YOU ARE ON A MOBILE DEVICE YOU WILL HAVE TO USE THE BROWSER OPTION IN METAMASK TO OPEN THE GETFIT MINING WEBPAGE. TO DO THIS, OPEN METAMASK AND GO TO THE 4TH BUTTON ON THE RIGHT AT THE BOTTOM OF THE SCREEN (SORT OF LOOKS LIKE AN EYEBALL). AT THE TOP OF THE SCREEN THAT OPENS, PASTE THE LINK FROM STEP 2 BELOW (THE SAME LINK THAT WAS PROVIDED TO YOU FOR GETFIT MINING) IN THE SEARCH FIELD

IF YOU ARE ON A DESKTOP, JUST CONTINUE WITH STEP 2 BELOW

2. Open the url to create your **GetFit Mining** account (using the url the person who shared this with you provided for GetFit Mining...it will look like this):

<https://getfitmining.com/start/TheirWalletAddress>

3. Once the url opens, make sure the **Icon** in the top right corner is set the the **Avalanche** network (Red circle with a white symbol that looks like an “A” in the center). Then in **Box 1 (Get Connected)**, select **Connect** in **Step 1 (Connect Your Wallet)**

4. Double check to make sure that the wallet address that connects in **Step 1** is your **Metamask wallet address** (ie. check the last several digits of your wallet address in Metamask and make sure they are the same here)

5. The **Step 2 (Activation Code)** in **Box 1** should automatically be filled in with the link from step 2 above (my wallet address), make sure just below this field in Box 2 it reads **Code: highvibes** (above the save button)

6. Select the **Save** button under the activation code in Step 2 and accept the transaction

7. In **Step 3 (Create Activation Code)** of **Box 1**, you can **choose a unique activation code** for your account. This will replace your wallet address in your activation code link that you give to people, so they won't see your whole wallet address and you will be identified as your unique code (ie. highvibes). **NOTE:** do not enter the first part of your new GetFit Mining url in this field or it will not connect to your account; Using my own link as an example, all you would enter here is the last part you created yourself (ie. highvibes in my case)

DOWNLOADING GETFIT MINING APP ON MOBILE

1. For **Samsung**, go to **Play Store** and search for **GetFit Mining** then **Download** and continue with the setup instructions below

2. For **Apple iPhone**, follow the instructions above in the **General Instructions for Apple Users**, or **Click** this link below for a video tutorial

<https://www.youtube.com/watch?v=tEUfG7zxhIk&t=1050s>

SETTING UP GETFIT MINING APP ON MOBILE

1. Open **Metamask** on your phone

2. **Copy** your **Wallet Address** (per the earlier instructions)

3. Open your **GetFit Mining app**

4. Click **Authorize** in the pink box, then click **Get started/Continue** and follow the instructions. Please **Turn On All** to allow **Health Connect** (for Android) or **Apple Health** (for iPhone) to access ALL permissions for GetFit Mining

5. Now click **Link** in the blue box on the **GetFit Mining** home screen

6. Paste your **Metamask** wallet address in the address field. Remember to make sure you check the last few digits in Metamask to make sure they match.

7. Select the **Avalanche icon** (remember it's the red circle with the white symbol that looks like an "A" in the center) in the very middle of the **GetFit Mining** home screen (below your stats icons that will show your steps, sleep, calories, etc for the day). **NOTE:** You have to remain on the Avalanche network at all times inside the app so make sure you double check it's always the red Avalanche icon that is highlighted

8. Click the **Settings Tab** in the middle at the bottom of the screen. Toggle on **All Permissions** (except sound if you don't want). The permissions to use google fit, health connect and/or apple health have to be toggled **ON** in order for GetFit Mining to track your movement

9. Your app should now be ready to go. Click the **Dock Tab** (yellow button on the right at the bottom on the **Home screen**) to make sure your miner is showing there

PURCHASING YOUR LENNY MINER

1. Check how many MQT are listed directly below the 'Lenny' Miner NFT in **Box 2 (Mint Additional Miners)**, this is the amount of MQT token that you need to buy your Lenny. Just below this number, it will say how many MQT you have in your wallet. **NOTE:** it should probably say you have '0' MQT in your wallet because we have yet to swap AVAX to MQT, which we are going to do next

2. Go back to **Home in Metamask** (the icon on the very left at the bottom of the screen if you're on a phone **OR** the picture of the fox's head to the right of your url search field if you are in chrome on your desktop)

3. You are now going to **Transfer** some **AVAX into MQT**, select **Swap** (Middle blue button with the arrows at the bottom of the screen on a phone, **OR** the blue button with the arrows near the top on a desktop)

4. Make sure you are swapping **AVAX** (the top field; it should already say AVAX by default, but if not click the dropdown menu beside the token that is showing in this field and choose **AVAX** {where your money currently} is from the list) to **MQT**, then click **Select a Token** (the bottom field), **Search** for **MQT** and **Select** this. **NOTE:** the arrow between the top and bottom fields should be pointing down to show you are swapping from the top field (AVAX) to the bottom field (MQT)

5. Currently it should cost about 3 AVAX to have enough MQT for your Lenny. **Double Check** how many MQT it will be for 1 Lenny and the values of both AVAX and MQT to make sure the amount of MQT you're receiving from the swap is enough. You can play with this by getting quotes, it won't cost anything just to get quotes. If the amount you chose isn't enough, adjust the amount of AVAX you're swapping. **NOTE:** on desktop it will automatically fetch quotes and you can edit the number you are swapping after you receive the quote without having to click anything, however on mobile you will have to click Get Quotes on the bottom of the screen, and then click edit on the top left corner if you need to adjust the number you want to swap. You may also have to click a 'Continue Swapping' or 'I Understand' button to continue with the swap until the process of officially listing MQT is finalized. The cost of Lenny's and the swap rates change on a constant basis, so you need to check the rates each time you make a purchase or swap tokens

6. If the amount of MQT is enough to purchase your Lenny, select **Swap** and **Accept** the transaction fees
7. Go back to the **GetFit Mining** webpage (every time you close and reopen it, you'll have to click **Connect** again, this is the equivalent of logging in)
8. Scroll down until you see the **Box 6 (Mobile)**
9. Click the **Copy Spending Wallet Address** button
10. Go back to the home screen on **Metamask**
11. You are now going to send some **AVAX** to your **Spending Wallet** inside **GetFit Mining**. **NOTE:** You need AVAX in your Spending Wallet for submitting your daily stats and claiming your earnings, and you need AVAX in your external wallet Metamask for making purchases of miners and swapping tokens
12. Select **Send** (from the blue button with the arrows at the bottom on a phone, or the blue button with the arrows near the top on a desktop)
13. **Paste** your **GetFit Mining Spending Wallet Address** into the address field. Double check the last few digits in your GetFit Mining wallet to make sure they match what is in this field
14. Make sure it is **AVAX** you are sending if not, select the **dropdown** and change it
15. **Click** on the “0” next to **AVAX** and type in the amount you want to send to your GetFit Mining wallet, a minimum of 1 AVAX should be enough for transaction fees to hold you for several days (note: you won't be staking a claim daily in the beginning which costs about \$4.00, you will only be using these funds to submit your daily data which also costs around \$4.00 per transaction). You can always purchase and send more AVAX later, or transfer some of the MQT profits you make into AVAX and send that
16. Go back to the **GetFit Mining** webpage (remember it's the 4th button on the bottom right if you're using the browser inside Metamask on your phone and aren't on desktop)
17. Go to **Box 2 (Mint Additional Miners)**
18. Select **Allow** at the bottom of the box under the Lenny Miner
19. Select **Accept** for the transaction fees
20. After a short time, it should now say **Craft** (under the Lenny Miner where it previously said Allow). Select **Craft** (note: sometimes when the server is busy, you may have to select craft a few times before it starts crafting, you will know it's working when the button turns grey and says “crafting”)

CONGRATULATIONS, YOU NOW OWN YOUR VERY OWN UNIQUE MINER!

DOCKING YOUR LENNY MINER

1. Open the **GetFit Mining** webpage (if using a phone, go through Metamask per earlier instructions). For your NFT miner to mine crypto for you, it needs to be in your dock so you're going to do that now
2. Scroll down to **Box 5 (My NFT Miners)**
3. **Click** on the Miner in your **Inventory** that you want to dock (note: you will see in the box that pops up the type of Element you miner is, all the different categories your miner is working for, and the added bonus % you will get for each category)
4. Select **Approve Docking** at the top of the box
5. It should now say Add To Dock -> Select **Add To Dock**

NOTE FOR GOING FORWARD: Your first dock is free, to buy more docks in the future you will need to have more MQT and go to **Box 4 (Unlock Mining Dock Slots)**, select the next dock, and then approve the transaction. You will see how many MQT it costs for each dock at the bottom of every applicable dock you want to unlock

6. Refresh the webpage, reconnect your wallet, and scroll down to **Box 5 (My NFT Miners)**, you should now see your miner in your mining dock (the yellow box)

CONGRATULATIONS, YOU NOW HAVE A LENNY MINER DOCKED TO START MINING FOR YOU!

YOUR GETFIT MINING SITE IS NOW READY TO GO. ALL YOU NEED TO DO IS SET UP THE APP ON MOBILE AND YOU'RE READY TO START PHYSICAL ACTIVITY AND MAKING MONEY!

SUBMITTING YOUR DAILY STATS

1. Go to the **Earning Tab** at the bottom of the screen in the GetFit Mining app
2. There should be **2 boxes** with 2 different dates with your movement statistics showing for those dates. To submit your stats, click on the box (showing "submit" in green) that you want to submit, and select **Submit**

IMPORTANT: Your daily stats will disappear after 48 hours. Be sure to submit within that time frame or your shares for those days will be lost. It is a good habit to submit your stats every day when you wake up. Note that it costs a small amount of AVAX gas fees to submit your stats (currently approximately \$4.00) so make sure you have enough AVAX in your internal wallet before submitting.

CLAIMING YOUR EARNINGS

1. Earnings (shares) from your physical activity stats are ready to be claimed 48 hours after submitting. In the **Earnings Tab** when you scroll down below the Available Submissions, the **Claim Box** will be **Green** when you have submissions that are ready to be claimed and

will be automatically deposited into your wallet when you choose to stake your claim (by clicking on the claim box and selecting **Submit**).

IMPORTANT: It costs AVAX gas fees to be able to both submit your stats and claim your shares. You have to claim your shares within 10 days or they may be lost. I would suggest not to claim every day however (as it costs about \$4.00) until you are earning substantial MQT, so let it accumulate for up to 10 days and then claim and make sure you have enough AVAX in your internal wallet to claim. **DO NOT WAIT PAST 10 DAYS OR YOUR EARNINGS WILL BE LOST**

2. To claim your commissions if you have built a team, you will have to open the **GetFit Mining** webpage on your desktop (or go through the **Metamask** browser on your mobile)

3. **Connect** your wallet

4. Go to **Dashboard** (at the top of the screen on desktop, or at the bottom in the yellow bar on mobile)

5. Click the **Claim MQT** button

ADDITIONAL OPTIONAL INFORMATION, PLEASE READ!

HOW TO EARN ADDITIONAL COMMISSIONS

1. To earn commissions, you will have to have people sign up using your **Activation Code/Link**

2. Your **Activation Code** will be in **Box 1 (Get Connected)** under **step 3** in the yellow button on the GetFit Mining webpage, click on the yellow button to **copy** your Activation Code

3. **Share** your **Activation Code** and **Instructions** with anyone you would like to join your team on GetFit Mining so they can earn great rewards like you do now!

4. You can see your commissions and how many people you've registered by going to your **Dashboard** on the **GetFit Mining** webpage

HOW TO EVOLVE AND MERGE YOUR MINERS

1. You can **Evolve and Merge** your miners for them to mine crypto even faster for you and increase your shares in the liquidity pool!

2. The miner evolution goes in order from Lenny -> Primary -> Ultra -> Alpha, and then you can merge 2 Alphas together to make the final evolution called Omega

3. It costs USDT to evolve your miners. The price is currently \$30 for a Primary, \$40 for an Ultra, \$60 for an Alpha, and then you can merge 2 Alphas for \$240 to make an Omega (the final evolution stage)

4. To evolve your miners, you need to **Undock** them by scrolling to **Box 5 (My NFT Miners)**, **Select** which **Miner** you want to evolve, then select **Remove From Dock**

5. To swap AVAX or MQT into USDT to evolve your miners, use the **Swap** option (through the blue button with the arrows) in **Metamask**. Make sure you have enough USDT for your evolution, double check the price by going to **Box 3 (Evolve and Merge)**

6. You have to click **Approve USDT**, then go back to **GetFit Mining** webpage and click **Evolve** in **Box 3 (Evolve and Merge)**

7. Once you have evolved your miner refresh the webpage and connect your wallet again

8. You can now **Redock** your miner. Go to **Box 5 (My NFT Miners)**, select your new miner from your **Inventory**, then click **Add To Dock**. To see your new miner docked, refresh your screen and connect your wallet again

HAVE FUN GAINING HEALTH AND WEALTH THROUGH GETFIT MINING!!

GET CONNECTED TO OUR TEAM FOR INFORMATION & UPDATES!

BitcoinStars MQT/GetFit Mining Telegram

[CLICK HERE](#)

BitcoinStars Team MQT/GetFit Mining WhatsApp

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