

MoveQuest

Move • Mine • Thrive

Litepaper — April 9, 2026

The world's first Proof of Physical Activity Mining Ecosystem (PoPA)

21M

Max Supply (MQT)

99%+

Supply Locked

10,000+

Wallets

80%+

Community Staked

1. Introduction

What if your daily movement could generate real value? Not points. Not badges. Real, on-chain, tradeable value — owned entirely by you.

MoveQuest does not create value out of nothing — it redirects value that already exists in human activity back to the individual.

MoveQuest is a decentralized ecosystem that transforms physical activity into on-chain mining through Proof of Physical Activity (PoPA). Instead of relying on expensive hardware or energy-hungry computers, MoveQuest uses something far more powerful:

“Human movement”

Every step, workout, and active moment contributes to a system where users don't just track activity — they mine value from it.

MoveQuest is the world's first activity-powered economy — a new category of decentralized infrastructure where human movement is the engine, participation is the fuel, and users are the sole beneficiaries.

2. The Problem

Two crises. One solution.

Health Crisis

- Sedentary lifestyles at an all-time high
- Rising obesity and chronic disease globally
- Fitness apps capture your data but give nothing back

Broken Digital Economy

- Users create value for platforms — but own none of it
- Crypto systems reward speculation, not participation
- Most move-to-earn projects collapsed due to inflation

3. Why Now

Five converging forces make this the right ecosystem at exactly the right moment.

Wearable Tech Explosion

Over 1 billion wearable devices are now active globally. The infrastructure to capture, verify, and reward physical activity already exists in billions of pockets and on billions of wrists.

A Global Health Emergency

The WHO estimates that physical inactivity costs the global economy over \$67 billion annually. Governments, insurers, and employers are actively searching for systems that make movement financially rewarding.

First-Gen Move-to-Earn Failed

Projects like STEP N proved the concept but collapsed from static emissions and zero utility. MoveQuest is not a second attempt — it is a fundamentally different architecture built from those lessons.

Crypto is Maturing

The market is shifting from speculation to utility. Users and investors are demanding ecosystems with real daily use cases, controlled supply, and sustainable economics.

AI + Blockchain + Real-World Data

The convergence of on-chain verification, AI-powered activity analysis, and real-world data creates a new category of asset: value mined directly from human behavior. MoveQuest sits at that intersection.

4. The Solution

MoveQuest introduces an activity-powered economy with simple rules.

Movement = Validation

Your physical activity is the proof of work

Participation = Value

The more people move, the stronger the system

Users = The Engine

There is no MoveQuest without its community

5. Why MoveQuest Wins

The move-to-earn category has been tried before. It failed — predictably, and for well-understood reasons. MoveQuest is not a retry. It is a ground-up redesign that directly addresses each failure point.

MoveQuest Advantage	Why It Matters
Dynamic Mining vs Inflation	Static emission models flood the market regardless of demand. MoveQuest mines only what participation justifies — supply grows with the community, never ahead of it.
Activity Economy vs Speculation	Most crypto projects succeed or fail based on market sentiment. MoveQuest is powered by daily human behavior — 2,100+ submissions happen whether the market is up or down.
Self-Sustaining vs New-User Dependent	Projects relying on new buyers to pay existing holders collapse when growth slows. MoveQuest's liquidity is generated by ecosystem contributions from existing participants.
Multi-Project Platform vs Single-Token	A single token has a single surface for demand. MoveQuest becomes the infrastructure layer for other project tokens — multiplying utility without diluting the core ecosystem.
Network Effect vs Linear Growth	Every new participant increases value for all existing participants. More activity means more mining, stronger liquidity, and deeper partner integration. Growth compounds, it does not dilute.
Behavioral Lock-In vs Exit Incentives	Over 80% of community MQT is voluntarily staked in hatcheries. Users are not locked in by force — they stay because the system rewards consistency more than exit.

“MoveQuest is not competing in the move-to-earn category. It is replacing it.”

6. How MoveQuest Works

The core loop is elegantly simple:

Step 1: Move	Step 2: Submit (PoPA)	Step 3: Mine	Step 4: Own, Grow & Use
Walk, run, workout, Move	Activity verified on-chain	Mine MQT from your movement effort	Trade, stake, upgrade or hold long-term

7. Simple Exchange of Value

Here is the simplest possible summary of what you give and what you get.

What You Contribute	What You Receive
Your movement — daily physical activity	MQT mined and claimed directly to your wallet
PoPA submission fee — ecosystem contribution	90% of transactions support the ecosystem and liquidity
Time and consistency	Access to hatcheries, upgrades, and higher mining tiers

“Move more. Mine more. Thrive!”

The system rewards the same behavior your health already needs.”

8. Proof of Physical Activity (PoPA)

PoPA is the foundation of MoveQuest — and what makes it fundamentally different from every other crypto mining system. Think of PoPA like Bitcoin's Proof of Work, except instead of a computer burning electricity, your body is the miner.

What PoPA Tracks

- Steps
- Distance
- Workouts
- Calories Burned
- Sleep & Recovery
- Intensity

What Influences Mining

- Activity level & consistency
- Miner type & tier
- Mining volts & attributes
- Elements & bonuses

“The more consistently you move, the more you mine”

9. Entry System — Phantom Miners

MoveQuest removes every barrier to entry. Phantom Miners are free, zero-risk onboarding tools that let users experience the full mining loop before committing. They are designed to get you started — not to be your long-term mining strategy.

Feature	Phantom Miner
Cost	Free — no purchase required
Dock slot required	No — start immediately
Purpose	Onboarding and discovery — not long-term maximum mining potential
Mining output - 100 Volts, equal to Trailblazer	Entry-level — upgrade to increase your mining power
Wallet connection	Connect via any supported dApp wallet
Limited mining for 135 days	Evolve into paid miner tiers as you grow

10. A Day in MoveQuest

MoveQuest fits into your life — it doesn't replace it.

You wake up.

No alarm clock reminder. No special gear. You get up and move — just like any other morning.

You go about your day.

Steps, distance, calories — tracked automatically. MoveQuest is running quietly in the background.

The more you move, the more you mine.

Increase your daily movement, and your mined mining rewards can increase with you.

Check your progress

Your miner is active. Your hatchery is growing. Your streak is alive. You're building something real.

Your day is winding down

Submit your PoPA for the day. You've mined MQT.

When ready — You decide to upgrade.

You've felt the system. You understand the value. You unlock a dock slot. You evolve your miner. Your daily movement just became a long-term position.

“You didn't change your life. You just started owning the value it already creates.”

11. The MoveQuest City

The easiest way to understand MoveQuest is to picture a city. Every part of the ecosystem has a role — and every role serves the whole.

Component	City Role	What It Does
Submissions	Economic Activity	Every PoPA submission is a transaction in the city's economy. The city only grows when citizens show up.
Miners	The Workforce	Your miners are your workers. Better workers produce more output. Upgrade your workforce, grow your output.
Dock	The Power Grid	The dock is the infrastructure your workers plug into. More dock slots = more workers active = more output.
Hatcheries	The Banks	Hold your capital and put it to work over time — like a bank account that requires activity to earn interest.
Qchips	Pressure Valve	When economic activity spikes, Qchips absorb excess pressure. They keep the city from overheating, then step aside.
Liquidity Engine	Central Reserve	Every fee and contribution strengthens the reserve. The city funds its own infrastructure — no external bailouts needed.

12. The MoveQuest Economy

MoveQuest operates as a self-sustaining ecosystem. Every user action generates an Ecosystem Contribution (EC) that flows back into liquidity — the system funds itself through participation, not external capital.

Ecosystem Contributions include:

- **PoPA Submissions** — Every daily activity submission generates an ecosystem contribution
- **Mining Claims** — Claiming mined MQT feeds the liquidity engine
- **Dock Slot Unlocks** — Expanding mining capacity strengthens the pool
- **Hatchery Participation** — Locking MQT reduces circulating supply and supports stability
- **Challenges & Events** — Special activities generate additional ecosystem contributions
- **Evolution** — Upgrading miners to higher volts is an ecosystem contribution
- **Challenges, Leasing, Boosts, Qchips** — is an ecosystem contribution
- **MQT Blockchain** — A major ecosystem contribution
- ***MoveQuest is always creating more utility and use cases for the MQT(Coin)***

How the Ecosystem Sustains Itself

- ✓ MoveQuest does not rely on new users to function. Existing participants sustain the ecosystem through daily activity contributions.
- ✓ Liquidity comes from ecosystem contributions — **not from the next buyer's investment.**
- ✓ New users increase the value of the ecosystem — they are not required to sustain it.

Where Value Comes From

The value inside this ecosystem has four clear, real-world origins:

User Activity Fees

Participants fund their own PoPA submissions. Real capital entering the system daily through engaged users choosing to participate.

Ecosystem Action Contributions

Every dock unlock, hatchery deposit, boost purchase, and ecosystem action generates a contribution that flows into the liquidity engine.

Outside project Integration Fees

External projects that integrate into the MoveQuest PoPA system contribute fees to the ecosystem — adding external capital without diluting MQT.

MQT Utility Demand

As MQT becomes the gas token for the MQT Blockchain, every transaction creates ongoing structural demand — driven by usage, not speculation.

13. MQT Tokenomics

21,000,000 Max Supply	631 Avg. Daily Mined	7,200 Max Daily (Yr 1-4)	99%+ Total Supply Locked
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Dynamic Mining Model

Unlike Bitcoin’s fixed block reward, MoveQuest uses dynamic mining — supply is tied directly to participation. This prevents the inflation that destroyed most move-to-earn projects.

$$\text{Total Daily MQT} = (\text{Ecosystem Submissions} \times 0.25) + \text{Hatchery Rewards}$$

Distribution	Daily Max	Purpose
Hatchery Rewards	3,100 MQT	Rewards locked community holdings
PoPA Mining	4,100 MQT	Rewards daily physical activity
Unused MQT	Reconciled annually	Absorbed into liquidity smart contract

Halving Schedule: — Like Bitcoin, MoveQuest’s maximum daily mining halves every four (4) years — ensuring long-term scarcity alongside dynamic supply control.

14. Qchips — Economic Stabilizer

Qchips do not compete with MQT. They are a utility-based pressure-control system — designed to stabilize the ecosystem during viral growth phases, to balance inflation if it occurs, and step aside as the ecosystem inflation decreases.

In plain terms: Qchips are the shock absorbers of the MoveQuest economy. They absorb turbulence during acceleration, so the core system stays smooth.

“Qchips are a tool, Intermittant use by design. Protective by function.”

What Qchips Are Used For (While Active)

Use Case	Description
Mint Trailblazer Miners	Entry-level miner access without a traditional pre-sale
Mint Explorer Miners	Higher-tier miner access for active participants
Ecosystem Features	Unlocking additional platform functionality
Market Stabilization	Absorbing MQT demand spikes during high-growth periods

Qchips can be bought inside the store, or received from your PoPA submissions.

15. Miners — Your Mining Power

Miners are NFT assets that determine your share of daily MQT distribution. Your physical activity provides the eligibility — your miner amplifies the result.

Miner	Description	Access
Phantom	Free onboarding miner — entry tool, not long-term yield asset	Free to mine for 135 days
Navigator	50 Volts	Promotional
Trailblazer	100 Volts	Qchips to Mint
Explorer	150 Volts	Qchips to Mint
Vanguard	200 Volts	Referral or Incubator
Titan	400 Volts	Merge 2 Vanguards for 1 Titan

16. The Dock System

The Dock is your personal mining power grid. Each slot is a position where an active miner runs. More slots = more miners = more daily MQT.

Slots	Cost	Notes
Slot 1	Free	Included for every user — start mining immediately
Slots 2–10 Token needed: AVAX	\$100 per slot	Expanded capacity — fee flows to liquidity engine
Slots 11–18 Token needed: MQT	\$100 per slot	Advanced slots — no referral commission (protects sell pressure)

Referral Incentive: — When someone you refer unlocks dock slots 2–18, you receive a free Vanguard Miner (valued at \$200). Growth is rewarded with assets, not cash commissions.

17. Hatcheries — The Financial Layer

Hatcheries are activity-based farming rewards — not passive staking. No activity = no rewards.

Hatchery	Mechanism	Reward Type
Incubator .0001 MQT per MQT Spent	Spend MQT, receive mining rate over 222 days	Cashback
Nest	Short-term time-based holding program	Bridge to higher tiers
Golden Tier 1–5	Long-duration compounding program	Maximum rewards — requires daily activity

Live Stats (April 2026): — 867,944 MQT locked across all hatcheries. Golden Hatchery Tier 4 alone holds 765,000 MQT. Over 83% of community tokens are staked and being farmed for MQT. MQT circulating — 174,000.

18. Commission System

MoveQuest rewards community growth through a structured, transparent commission system tied to real sales of real assets.

Level	Source	Rate
Direct Commission	Trailblazer & Explorer Miner minting	Up to 50%
Coordinator/Influencer	Inquire: hello@movequest.com	

Important: — No commissions on MQT-based dock slot unlocks. This protects the ecosystem from referral-driven selling pressure.

19. MQT Blockchain — Layer 1 Infrastructure

MoveQuest is building its own dedicated Layer 1 blockchain. This is not an upgrade — it is the foundation that makes everything else possible at scale. Our blockchain testnet is live at mqt.network, and the community can mine on the testnet. There is no monetary value in crypto using the sandbox.

MQT as Gas

MQT becomes the native gas token for every transaction. Every PoPA submission, mining claim, and hatchery action requires MQT — creating constant structural demand tied to ecosystem usage.

Lower Costs, Higher Speed

Purpose-built infrastructure means optimized transaction costs and speeds for thousands of daily PoPA submissions processed efficiently.

Full Independence

No dependency on external chain congestion, fee spikes, or policy changes. MoveQuest controls its own destiny — and its community's costs.

Partner Ecosystem at Scale

The MQT Blockchain becomes the infrastructure layer for all partner integrations. Other projects built on the chain, deepening the network effect.

Smart Contract Sovereignty

All ecosystem mechanics — mining, hatcheries, liquidity, distribution — run natively on MoveQuest infrastructure.

“MQT becomes the fuel that powers the entire economy — every action burns it, every user needs it.”

20. Ecosystem Expansion

MoveQuest is evolving into a multi-token mining platform. External projects integrate into the PoPA system — their tokens are mined by MoveQuest users through the same daily activity submissions, using the miners they own, without needing additional mining assets.

- **For Partner Projects** — Access to 10,000+ verified users while building their own engagement layer
- **For MoveQuest Users** — Mine multiple tokens through one daily habit — maximum value from every movement
- **For the Ecosystem** — MoveQuest earns a percentage of all other project activity, continuously strengthening core liquidity

Current integration examples include Bullish Moon. The MQT Blockchain becomes the native foundation for all future integrations.

21. Security & User Control

- **External Self-Custody Wallets** — Users control their own wallets — they do not connect to the MoveQuest Dapp but link to it for read-only purposes. No centralized custody of funds
- **Smart Contract Automation** — Rewards, distributions, and liquidity governed by code, not people. MoveQuest is fully decentralized.
- **No Data Selling** — Activity data is not stored or sold — your movement belongs to you
- **On-Chain Transparency** — All supply, lock rates, and distributions are verifiable on-chain
- **MQT Layer 1 Blockchain** — Dedicated infrastructure for full ecosystem independence

Participants maintain full control over when and how they use or sell their MQT. The system does not enforce holding — it incentivizes participation.

22. Risk Disclosure

MoveQuest is built for long-term sustainability — but participation involves real risk. We believe in full transparency.

Risk Factor	Description
Cryptocurrency Volatility	MQT, like all digital assets, is subject to market volatility. Token value can increase or decrease significantly based on market conditions and broader crypto market trends.
Liquidity Risk	While MoveQuest operates a self-sustaining liquidity engine, the depth of available liquidity at any given time may affect the ability to buy or sell MQT at expected prices.
Participation Required	MoveQuest is an activity-based ecosystem. Rewards are mined through consistent engagement. Inactive users will not receive mining rewards or hatchery returns.
No Guaranteed Returns	Nothing in this document constitutes a promise of financial return. Ecosystem rewards are variable and depend on participation levels, market conditions, and system performance.
Market Conditions	External factors including regulatory changes, market cycles, and competitor activity may impact ecosystem performance regardless of internal
Technology Risk	Smart contracts and blockchain systems carry inherent technical risks. No system is entirely immune to technical failure.
Regulatory Environment	The regulatory landscape for digital assets is evolving globally. Changes in law or policy could affect how MoveQuest operates in certain regions.

MoveQuest is optimized for long-term sustainability, not short-term speculation. Participate within your means and always conduct your own research.

23. Vision

For generations, the value of human movement flowed only to platforms, advertisers, and data brokers. People trained, walked, ran, and lived — and someone else captured the value.

MoveQuest ends that.

We are not building a fitness app. We are not building another crypto token. We are building a new category — one where movement is a source of value, consistency is capital, and every person who shows up owns a piece of what they helped create.

- Movement becomes a source of value — accessible to anyone, anywhere, every day
- Ownership of the value your body creates — not rented, not tracked, not sold
- A self-sustaining economy that grows stronger the healthier its community becomes
- A blockchain built for human activity — not speculation or financial engineering
- A movement — in every sense of the word

You already move every day.

Now you own the value it creates.

This is not move-to-earn. This is own-what-you-build.

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