

\$140KG

Real Transformation on Solana

From 140KG → 90KG Publicly

Community-Powered Fitness Movement

White Paper Version 2.0

May 2026

Project Information

Token Name	\$140KG
Blockchain	Solana
Total Supply	1,000,000,000 (1B)
Launch Platform	pump.fun
Contract Address	7QNgQGxJqUd1rEy9MjbTuWmJ6EXYy6LpLybRXE36pump
Website	https://140kg.net/
Twitter / X	@50kgToFit

1. Executive Summary

\$140KG is a community-driven fitness and accountability project built on the Solana blockchain. The project documents a public 50KG weight-loss journey, transforming from 140KG to 90KG with complete transparency through live updates, verified weigh-ins, gym streams, and community engagement.

The initiative combines blockchain culture with real-world transformation, introducing a new category within the Solana ecosystem focused on motivation, consistency, and public accountability.

\$140KG is designed to build a long-term digital brand and highly engaged online community around measurable personal progress and authentic storytelling.

2. Problem Statement

The modern fitness and wellness industry suffers from low transparency and poor long-term engagement. A significant percentage of individuals fail to maintain long-term weight-loss goals due to lack of accountability and inconsistent motivation.

In parallel, many meme-based crypto projects fail to sustain engagement after initial launch activity due to limited utility, weak narratives, or lack of ongoing content.

\$140KG addresses these challenges by creating a verifiable and continuously evolving transformation journey supported by an active digital community.

3. Project Vision

The vision of \$140KG is to establish the leading blockchain-native accountability movement within the fitness and lifestyle sector.

The project aims to:

- Promote authentic and transparent transformation content
 - Build a loyal and highly engaged community
 - Expand into fitness-related digital products and partnerships
 - Create long-term brand recognition across social platforms and Web3 communities
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4. Ecosystem & Community

The \$140KG ecosystem is centered around continuous community interaction and transparent progress tracking.

Core ecosystem components include:

- Daily transformation updates
- Live fitness and training streams
- Verified weigh-ins and milestones
- Community discussions and engagement
- Long-form motivational and educational content

The project is designed to evolve into a broader lifestyle and fitness-oriented online brand.

5. Tokenomics

Token: \$140KG

Blockchain: Solana

Total Supply: 1,000,000,000

Tax Structure: 0%

Launch Method: Fair launch on pump.fun

Liquidity Migration: Raydium / PumpSwap upon bonding completion

Project resources are intended to support infrastructure, media production, streaming equipment, marketing, and community development.

6. Roadmap

Phase 1 — Launch & Initial Community Formation

- Token launch on pump.fun
- Social media expansion
- Daily transformation documentation

Phase 2 — Community Development

- Community events and challenges
- Enhanced transparency systems
- Increased livestream frequency

Phase 3 — Brand Expansion

- Fitness merchandise
- Strategic collaborations
- Platform and content scaling

Phase 4 — Long-Term Development

- Sponsorship opportunities
 - Broader lifestyle ecosystem
 - Sustainability-focused growth strategy
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7. Market Opportunity

The global fitness and weight-loss market exceeds \$100 billion annually and continues to grow through digital content consumption and creator-driven communities.

Simultaneously, the Solana meme ecosystem has demonstrated strong engagement potential for projects with unique narratives and consistent community interaction.

\$140KG introduces a differentiated concept at the intersection of Web3 culture, fitness accountability, and transparent personal development.

8. Risk Factors

Participation in digital assets involves substantial risk, including market volatility, liquidity fluctuations, and regulatory uncertainty.

Additionally, personal transformation outcomes may vary and cannot be guaranteed. The project's long-term success depends on continued community engagement, execution quality, and broader market conditions.

Prospective participants should conduct independent research before engaging with the project.

9. Disclaimer

This document is provided for informational purposes only and does not constitute financial, legal, or investment advice.

\$140KG should not be interpreted as a security, investment product, or guarantee of future value. Cryptocurrency markets are highly volatile, and individuals should only participate with funds they can afford to lose.

All forward-looking statements are subject to change based on project development and market conditions.

References

- Solana Documentation
- pump.fun Platform Documentation
- Public fitness and wellness market reports
- Community-driven Web3 engagement studies