

# Privacy Policy

**Last updated:** Friday, January 23, 2026

Trainow (“the App”, “we”, “our”, or “us”) is committed to protecting your privacy. This Privacy Policy explains how we collect, use, store, and protect your information when you use our mobile application.

By using Trainow, you agree to the collection and use of information in accordance with this Privacy Policy.

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## 1. Information We Collect

We may collect the following types of information:

### a. Personal Information

- Name (if provided)
- Email address
- Authentication identifiers (such as third-party login providers)

### b. Fitness & Profile Data

- Gender
- Date of birth or age range
- Height and weight
- Fitness goals and preferences
- Training routines, workouts, and exercise history

### c. Device & Usage Information

- Device type, operating system, and app version
  - Anonymous usage data and crash reports
  - Interaction data within the app (features used, screens visited)
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## 2. How We Use Your Information

We use your information to:

- Provide and improve Trainow’s features
- Personalize workouts, routines, and recommendations

- Analyze app performance and user behavior
- Fix bugs and improve stability
- Communicate important updates or service-related information

Trainow does **not sell or rent your personal data** to third parties.

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### 3. Data Storage & Security

We take reasonable technical and organizational measures to protect your data, including:

- Secure storage and encrypted communication
- Restricted access to personal data
- Best practices for backend and infrastructure security

Despite our efforts, no method of transmission or storage is 100% secure.

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### 4. Third-Party Services

Trainow may use third-party services for:

- Authentication
- Analytics
- Cloud storage
- Error tracking

These services may collect limited information necessary to perform their functions and are obligated to handle your data securely and in compliance with applicable laws.

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### 5. Children's Privacy

Trainow is **not intended for children under the age of 13**.

We do not knowingly collect personal information from children under 13. If you believe that a child has provided us with personal data, please contact us so we can delete it.

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### 6. Your Rights

Depending on your location, you may have the right to:

- Access your personal data
- Request correction or deletion of your data
- Withdraw consent for data processing
- Request data portability

You can exercise these rights by contacting us at the email address below.

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## 7. Data Retention

We retain your personal data only for as long as necessary to provide the service and fulfill the purposes described in this policy, unless a longer retention period is required by law.

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## 8. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. Any changes will be reflected on this page with an updated “Last updated” date.

We encourage you to review this policy periodically.

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## 9. Contact Us

If you have any questions or concerns about this Privacy Policy, you can contact us at:

 **Email:** [agustin.oberg@gmail.com](mailto:agustin.oberg@gmail.com)

 **App name:** Trainow