

CalmLock Terms of Service

Effective date: May 15, 2026

These Terms of Service (“Terms”) govern your access to and use of the CalmLock mobile application (the “App”) and related services provided by CalmLock (“we,” “us,” or “our”).

By downloading, installing, or using CalmLock, you agree to these Terms. If you do not agree, do not use the App.

About CalmLock

CalmLock helps you pause before opening selected distracting apps. You choose which apps, categories, or websites to manage through Apple’s Screen Time picker, set a daily limit, and CalmLock applies a shield when that limit is reached. To unlock access, you complete a short guided breathing meditation. After a successful session, your selected apps remain available for a fixed cooldown period before the shield can apply again.

CalmLock tracks progress such as calm minutes, streaks, earned scroll time, and weekly summaries to help you build healthier phone habits.

Eligibility

You must be able to form a binding contract in your jurisdiction to use CalmLock. The App is intended for users aged 13 and older. If you are under 18, you should use CalmLock only with permission from a parent or legal guardian.

CalmLock requires:

- A physical iPhone running iOS 16 or newer
- Apple’s Screen Time / Family Controls authorization for blocking features
- An Apple Developer–approved Family Controls entitlement on builds that use Screen Time APIs

Some features do not work in the iOS Simulator.

Not Medical or Professional Advice

CalmLock is a wellness and productivity tool. It is **not** a medical device, therapy service, mental-health treatment, emergency service, or substitute for professional medical, psychological, or psychiatric advice.

Breathing exercises and app-blocking features are provided for general wellbeing and habit support only. Do not use CalmLock as your only response to a medical or

mental-health emergency. If you are in crisis, contact local emergency services or a qualified professional.

Screen Time Controls

Your choices

You choose which apps, categories, or websites CalmLock manages through Apple's Family Activity picker. You can change those selections, adjust daily limits and cooldown settings, and revoke Screen Time access at any time in iOS Settings.

Apple's role

CalmLock depends on Apple's Family Controls, Device Activity, Managed Settings, Shield Action, and Shield Configuration APIs. Apple controls how those frameworks behave, and Apple may change them without notice.

Apple's picker keeps your specific app, category, and web-domain selections private. CalmLock receives only the opaque selection token needed to apply shields and cooldowns. CalmLock does not display or upload the names of apps you select in Apple's picker.

No guarantee of blocking

Screen Time restrictions may not work in every situation, on every device, or for every app configuration. iOS updates, system settings, network conditions, or Apple policy changes may affect CalmLock's behavior. We do not guarantee uninterrupted blocking or unlock timing.

Meditation Sessions

CalmLock includes guided breathing sessions used to earn temporary unlock time.

- Sessions are approximately 60 seconds.
- A **local press-and-hold presence check** may appear partway through a session to help keep the interaction intentional.
- CalmLock does **not** use the camera, microphone, face detection, or biometric verification for meditation completion.

You agree to use meditation sessions honestly and not to attempt to bypass integrity checks or Screen Time controls through unauthorized modifications, automation, or reverse engineering.

Subscriptions and Purchases

Paid access to CalmLock is offered through Apple's in-app purchase system and managed with RevenueCat. Available plans may include:

- **CalmLock Annual** — auto-renewing yearly subscription, which may include a free trial when offered in the App Store purchase flow
- **CalmLock Monthly** — auto-renewing monthly subscription
- **CalmLock Lifetime** — one-time non-consumable purchase

Prices, trial length, renewal terms, and tax treatment are shown in the App Store before you confirm payment. Subscriptions renew automatically unless canceled at least 24 hours before the end of the current billing period through your Apple ID subscription settings.

Refunds are handled by Apple under Apple's refund policies. We do not process App Store payment refunds directly.

If you purchase a lifetime plan, you receive access according to the entitlement defined in the App Store product record for as long as CalmLock remains available and your purchase remains valid under Apple's rules.

Free and Trial Access

From time to time, CalmLock may offer free features, promotional access, or time-limited trials. Trial and promotional terms shown at purchase or in the App control. When a trial ends, billing may begin automatically unless you cancel before the trial expires.

Local notifications may remind you when a trial is nearing its end. Notification permission is optional.

Optional Cloud Sync and Analytics

CalmLock is designed to work locally on your device. When enabled in production, optional services may sync profile answers, meditation sessions, and daily stats through Supabase, process purchases through RevenueCat, and measure product performance through PostHog.

Your use of those features is also governed by our [Privacy Policy](#). We do not sell your personal data.

Notifications

CalmLock may schedule **local** notifications on your device for daily practice reminders, streak-risk alerts, and trial-end reminders. You can deny or revoke notification permission in iOS Settings. We are not responsible for missed reminders if notifications are disabled or not delivered by iOS.

Acceptable Use

You agree not to:

- Use CalmLock for unlawful, harmful, or abusive purposes
- Attempt to circumvent Screen Time controls, paywalls, or meditation checks
- Reverse engineer, decompile, or tamper with the App except where prohibited restrictions do not apply under applicable law
- Use the App in a way that interferes with other users or our infrastructure
- Misrepresent your identity or age

We may suspend or terminate access if we reasonably believe you have violated these Terms.

Your Responsibilities

You are responsible for:

- Configuring CalmLock in a way that fits your personal needs and obligations
- Maintaining the security of your device and Apple ID
- Deciding whether delayed access to an app is safe in your circumstances

Do not rely on CalmLock where delayed access to an app, message, call, or service could create risk, harm, or an emergency. Examples include medical alerts, workplace safety systems, caregiver communication, or time-sensitive financial or legal matters.

Intellectual Property

CalmLock, including its name, branding, design, text, graphics, animations, and software, is owned by us or our licensors and is protected by applicable intellectual-property laws. These Terms grant you a limited, personal, non-exclusive, non-transferable, revocable license to use the App for your own non-commercial purposes in accordance with these Terms.

You may not copy, modify, distribute, sell, or lease any part of the App except as allowed by law or with our written permission.

Third-Party Services

The App integrates with services operated by third parties, including Apple, RevenueCat, PostHog, and Supabase. Your use of those services may be subject to their separate terms and policies. We are not responsible for third-party services outside our reasonable control.

Privacy

Our [Privacy Policy](#) explains how we collect, use, store, and share information. By using CalmLock, you also agree to the Privacy Policy.

Disclaimers

TO THE MAXIMUM EXTENT PERMITTED BY LAW, CALMLOCK AND RELATED SERVICES ARE PROVIDED “AS IS” AND “AS AVAILABLE” WITHOUT WARRANTIES OF ANY KIND, WHETHER EXPRESS, IMPLIED, OR STATUTORY, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, AND NON-INFRINGEMENT.

We do not warrant that the App will be error-free, uninterrupted, or meet your requirements in every environment.

Limitation of Liability

TO THE MAXIMUM EXTENT PERMITTED BY LAW, WE AND OUR AFFILIATES, OFFICERS, EMPLOYEES, AGENTS, AND LICENSORS WILL NOT BE LIABLE FOR ANY INDIRECT, INCIDENTAL, SPECIAL, CONSEQUENTIAL, EXEMPLARY, OR PUNITIVE DAMAGES, OR ANY LOSS OF PROFITS, DATA, GOODWILL, OR OTHER INTANGIBLE LOSSES, ARISING OUT OF OR RELATED TO YOUR USE OF OR INABILITY TO USE CALMLOCK.

TO THE MAXIMUM EXTENT PERMITTED BY LAW, OUR TOTAL LIABILITY FOR ANY CLAIM ARISING OUT OF OR RELATING TO THE APP OR THESE TERMS WILL NOT EXCEED THE GREATER OF (A) THE AMOUNT YOU PAID US FOR CALMLOCK IN THE TWELVE MONTHS BEFORE THE EVENT GIVING RISE TO THE CLAIM OR (B) USD \$50.

Some jurisdictions do not allow certain warranty disclaimers or liability limitations, so some of the above may not apply to you.

Indemnity

You agree to indemnify and hold us harmless from claims, damages, losses, and expenses (including reasonable legal fees) arising from your misuse of the App or violation of these Terms, except to the extent caused by our negligence or willful misconduct.

Changes to the App or Terms

We may update CalmLock, change features, modify pricing for new purchases, or discontinue parts of the App at any time. We may also update these Terms from time to time. When we do, we will revise the effective date at the top of this document. Continued use after an update means you accept the revised Terms. Material changes may be communicated through the App or App Store listing where appropriate.

Termination

You may stop using CalmLock at any time by uninstalling the App and canceling any active subscriptions through Apple. We may suspend or terminate your access if you violate these Terms or if we discontinue the App.

Sections that by their nature should survive termination — including disclaimers, limitation of liability, indemnity, and governing law — will survive.

Governing Law

These Terms are governed by the laws of the jurisdiction where CalmLock's developer is established, without regard to conflict-of-law principles, except where mandatory consumer-protection laws in your country require otherwise.

Contact

For support, billing questions related to App Store purchases, or questions about these Terms, contact the CalmLock developer through the support address listed on the App Store product page.

For App Store privacy questionnaire guidance, see `app-privacy-details.md`. For product and purchase setup details, see `app-store-metadata.md` and `revenuecat-products.md`.