

## **Privacy Policy**

**Effective Date:** 8/10/2024

At InstaCoach , we value your privacy and are committed to protecting your personal data. This Privacy Policy explains how we collect, use, and share information when you use our mobile application.

### **1. Information We Collect**

We may collect the following types of information:

- **Personal Information:** Your name, email address, and other account details provided during registration.
- **Usage Data:** Information about how you use the App, such as features accessed, pages viewed, and interactions.
- **Device Information:** Information about your device, such as device type, operating system, and IP address.

### **2. How We Use Your Information**

We use your information for the following purposes:

- To provide and improve the App and its services.
- To communicate with you about updates, promotions, or important notices.
- To analyze usage and improve user experience.

### **3. Sharing Your Information**

We do not sell or rent your personal data to third parties. However, we may share your information in the following cases:

- With service providers to perform certain business functions (e.g., cloud storage, analytics).
- To comply with legal obligations or respond to government requests.

### **4. Security**

We implement reasonable security measures to protect your personal information. However, no method of transmission over the internet is 100% secure, and we cannot guarantee the security of your data.

### **5. Your Rights**

You have the right to access, correct, or delete your personal data. You may also opt-out of certain data uses, such as receiving promotional communications.

## **6. Changes to the Privacy Policy**

We may update this Privacy Policy from time to time. Any changes will be posted on this page, and we will notify you of significant changes.

## **7. Contact Us**

If you have any questions about this Privacy Policy, please contact us at [fitnessmate2022@gmail.com](mailto:fitnessmate2022@gmail.com)