

SayLose Privacy Policy

Last Updated: September 1, 2026

SayLose is designed to keep your information private and make calorie tracking simple.

1. Information We Use

SayLose may use information you provide in the App, including:

- Sex
- Height
- Weight
- Target weight
- Food and exercise information
- Voice input when you use speech recognition

This information is used to provide calorie estimates, calculate your daily calorie balance, and show your weight-loss progress.

2. On-Device Processing

SayLose is designed to process your information on your device.

Food and exercise entries, weight information, and related calculations are processed locally where supported by the App.

We do not sell your personal information.

3. Microphone

SayLose requests microphone access only when you choose to use voice input.

Microphone access allows you to speak naturally about what you ate or did.

Microphone Usage Description:

“Allow microphone access to log what you ate or did using your voice.”

You can disable microphone access at any time in your device settings.

4. Speech Recognition

SayLose may use Apple's speech recognition capabilities to convert your voice into text so you can log food and exercise more easily.

Speech Recognition Usage Description:

“Speech recognition lets you log what you ate or did naturally using your voice.”

Speech recognition is only used when you choose to use the voice-input feature.

5. Purchases

SayLose may offer subscriptions or one-time purchases through Apple's App Store.

Payments and purchase processing are handled by Apple. SayLose does not receive or store your full payment card information.

Your purchases may be associated with your Apple account according to Apple's policies.

6. Data Storage

Information created in SayLose may be stored locally on your device to provide App functionality, such as maintaining your weight, calorie, and progress history.

You can delete the App and its locally stored data according to Apple's device behavior and settings.

7. Children's Privacy

SayLose is not specifically directed to children under the age of 13.

We do not knowingly collect personal information from children.

8. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. Any changes will be reflected by updating the “Last Updated” date above.

9. Contact Us

If you have any questions about this Privacy Policy, please contact us:

Email: kuangqiyingmail@163.com

The Simplest Calorie Tracker

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