

Tab 1

Privacy Policy for CalmRhythm

Effective Date: 23rd December, 2024.

Thank you for using CalmRhythm. Your privacy is important to us. This Privacy Policy explains how we collect, use, and protect your information.

Information We Collect

1. **Non-Personal Information:**
 - App usage data such as session duration, breathing exercises completed, and progress tracking metrics.
2. **Personal Information:**
 - CalmRhythm does not collect or store personal information like your name, email address, or phone number.

How We Use Your Information

We use the information we collect to:

- Track your meditation and breathing exercise progress.
- Improve app performance and user experience.
- Provide insights into your mindfulness journey.

Data Security

We take appropriate measures to protect your information. All data is stored locally on your device, and we do not transmit or store any data on external servers.

Third-Party Services

CalmRhythm does not integrate with third-party services that collect personal data.

Your Choices

You can delete your progress and data at any time by uninstalling the app.

Children's Privacy

CalmRhythm is not intended for children under 13. We do not knowingly collect data from children.

Changes to This Privacy Policy

We may update this Privacy Policy periodically. Please check this page for updates.

Contact Us

If you have any questions or concerns about this Privacy Policy, please contact us at:
gyangideon693@gmail.com