

Privacy Policy for OneThing

Last updated: March 23, 2026

1. Introduction

Welcome to OneThing ("we", "our", or "us"). This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you use our mobile application (the "App").

OneThing is a habit tracking application that allows users to record habits, track completion over time, and receive insights powered by artificial intelligence.

By using OneThing, you agree to the collection and use of information in accordance with this policy.

2. Information We Collect

We collect the following types of information. We aim to **clearly and comprehensively disclose all data access and collection practices**, including where data may relate to health or wellbeing.

2.1 Information You Provide

- Account information (e.g., email address, name)
- Habit data (e.g., habit names, descriptions)
- Completion data (e.g., timestamps of completed habits)
- User preferences and settings
- Any text you provide for reflections, notes, or goals

2.2 Automatically Collected Information

- Device information (e.g., device type, operating system)
- Log data (e.g., access times, app usage)
- Diagnostics and performance data

2.3 Health and Wellbeing Data (Important Disclosure)

Some habits you track may relate to **health, fitness, or wellbeing** ("Health Data"). This may include, for example:

- Exercise or activity habits (e.g., running, workouts)
- Sleep-related habits

- Mental wellbeing habits (e.g., meditation, journaling)
- Nutrition-related habits

We treat this data as sensitive.

We collect Health Data only when:

- You explicitly enter it into the App, or
- You choose to track habits that imply health-related behavior

We use Health Data to:

- Track your progress and display history
- Generate AI-powered summaries, trends, and insights
- Provide personalized recommendations and motivation

We do **not**:

- Sell Health Data
- Use Health Data for advertising purposes
- Share Health Data with third parties except as described in this policy

2.4 AI-Generated and Processed Data

- Summaries of your habits and activity
 - Insights, trends, and recommendations generated by AI
 - Conversational inputs when interacting with AI features
-

3. How We Use Your Information

We use your information to:

- Provide and maintain the App
 - Track and display your habits and progress
 - Generate AI-powered insights, summaries, and recommendations
 - Personalize your experience
 - Improve app performance and features
 - Communicate with you (e.g., updates, support)
-

4. Use of Artificial Intelligence

OneThing uses AI technologies to enhance your experience. This includes:

- Analyzing your habit data to generate insights

- Providing motivational feedback and summaries
- Enabling conversational interactions about your habits

Important Notes:

- AI outputs are generated automatically and may not always be accurate
 - AI does not make decisions on your behalf
 - You should not rely solely on AI for critical decisions
-

5. Data Sharing and Disclosure

We are committed to transparency and **do not conceal or omit how your data is accessed, collected, used, or shared.**

We do **not sell your personal data**, including Health Data.

We may share your data in the following cases:

5.1 Service Providers

We may share data with trusted third-party providers who help us operate the App (e.g., hosting, analytics, AI processing).

These providers are only given access to the minimum data necessary and are contractually required to protect your information.

5.2 AI Processing Providers

To generate insights and summaries, your data (including habit data and potentially Health Data) may be processed by AI service providers.

We ensure that:

- Data is only used to provide the requested functionality
- Data is not used to train third-party models without appropriate safeguards (where applicable)

5.3 Legal Requirements

We may disclose your information if required by law or to protect our rights.

5.4 Business Transfers

If OneThing is involved in a merger, acquisition, or asset sale, your data may be transferred.

6. Data Storage and Security

- Your data is stored on secure servers
 - We implement reasonable safeguards to protect your data
 - However, no system is completely secure
-

7. Data Retention

We retain your data only as long as necessary to:

- Provide the service
- Comply with legal obligations
- Resolve disputes

You may request deletion of your data at any time.

8. Your Rights and Choices

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

- Access your personal data
- Correct inaccurate data
- Request deletion of your data
- Object to or restrict processing

To exercise these rights, contact us at: **support@onethingtracker.app**

9. Children's Privacy

OneThing is not intended for children under 3. We do not knowingly collect personal data from children.

10. International Data Transfers

Your information may be processed in countries outside your own. We take steps to ensure appropriate safeguards are in place.

11. Changes to This Policy

We may update this Privacy Policy from time to time. We will notify you of changes by updating the "Last updated" date.

12. Contact Us

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

Email: support@onethingtracker.app

13. Summary (Plain English)

- We collect habit data you enter and use it to power the app
 - AI is used to generate insights and summaries
 - We do not sell your data
 - You can request deletion of your data anytime
-

This policy is designed to be transparent and easy to understand while complying with modern privacy standards (e.g., GDPR, CCPA where applicable).