

Privacy Policy — DailyPause

Effective Date: December 29, 2025

Application Name: DailyPause

DailyPause (“we”, “us”, or “the App”) respects user privacy and is designed to support gentle daily reflection without intrusive data practices. This Privacy Policy explains how information is handled when you use DailyPause, a calming daily record tool intended to help users notice and preserve a single meaningful pause moment each day.

1. User Rights and Personal Control

DailyPause places user autonomy at the core of its design.

You have the right to:

- Use DailyPause without creating an account
- Decide whether to record a pause moment on any given day
- Choose the content, format, and timing of your entries
- Access, edit, or delete any recorded content at any time
- Control system permissions (such as photo or notification access)
- Stop all data processing by uninstalling the App

DailyPause does not condition core functionality on the disclosure of personal identity information.

2. Scope of This Policy

This Privacy Policy applies to data processing activities arising from:

- Recording a daily pause moment (text, image, or simple note)
- Viewing, organizing, or revisiting past pause records

- Maintaining basic app stability and functionality

This Policy does not govern third-party platforms or services that users may independently use to share exported content.

3. Data Handling Philosophy

DailyPause follows a **low-intervention and minimal-collection principle**.

The App is not designed to monitor productivity, enforce habits, or evaluate user behavior. Information is processed only to support calm, intentional daily reflection.

DailyPause does not engage in behavioral profiling, advertising targeting, or emotional analysis.

4. Categories of Information Processed

Depending on how you choose to use the App, the following data may be processed:

4.1 Pause Content

Content voluntarily recorded by the user, which may include:

- Short text reflections
- Optional images or visual captures
- Simple contextual markers (such as date or time)

This content is stored locally on the user's device unless otherwise indicated.

4.2 Technical Operation Data

Limited, non-identifiable technical data (such as app version, device type, or crash indicators) may be processed to ensure stability and compatibility.

DailyPause does **not** collect names, email addresses, phone numbers, precise location data, contact lists, or biometric information.

5. Purpose Limitation

Information processed by DailyPause is used exclusively to:

- Preserve the user's recorded pause moments
- Enable chronological viewing and gentle recall
- Maintain app performance and reliability

No data is used to assess mental health, emotional state, or lifestyle patterns.

6. Distinctive Scenario Clause: Intentional Non-Continuity

DailyPause is intentionally designed around **single, non-continuous daily entries**.

Accordingly:

- The App does not track missed days or usage streaks
- No reminders are generated to enforce consistency by default
- No analysis is performed to evaluate frequency or regularity of pauses

This design choice ensures that data is not used to pressure, score, or compare user behavior over time.

7. Data Sharing and Disclosure

DailyPause does **not sell, rent, or trade user data**.

Data may be disclosed only in the following limited circumstances:

- **User-Initiated Actions:** When the user actively exports or shares content through system-level sharing tools
- **Legal Requirements:** When disclosure is required by applicable law or valid legal process

- **Technical Support:** For essential diagnostics, under strict confidentiality obligations

No pause content is shared with advertisers, analytics platforms for profiling, or external AI systems.

8. Technical Protection Measures

DailyPause applies reasonable technical safeguards, including:

- Local-first data storage architecture
- Secure handling of temporary processing data
- Platform-standard encryption mechanisms where available

These measures aim to minimize exposure by avoiding centralized data storage.

9. Management and Process Safeguards

In addition to technical protections, DailyPause maintains internal governance practices:

- No internal access to user-generated pause content
- Clear internal restrictions against secondary data use
- Periodic review of privacy-related design decisions

Operational access is limited to non-content technical maintenance only.

10. Data Retention and Deletion

All pause records remain on the user's device until manually deleted.

DailyPause does not maintain cloud backups or remote copies of user content.

Uninstalling the App removes all locally stored data.

11. Children's Privacy

DailyPause is not intended for children under the age of 13. We do not knowingly process data from minors.

12. Updates to This Policy

This Privacy Policy may be updated to reflect functional changes or legal requirements. Updated versions will be made available within the App.

13. Contact Information

If you have questions or concerns regarding this Privacy Policy or privacy practices, please contact us through the official support channel provided within the App.