

Privacy Policy for Relay

Effective Date: July 5, 2026

Relay is a fitness and training app designed to help users track workouts, follow training plans, view progress, and understand general recovery and wellness trends.

This Privacy Policy explains what information Relay uses, how it is used, and what choices you have.

Information We Collect

Relay may access or process the following types of information:

Apple Health Data

With your permission, Relay may read information from Apple Health, including workout history, activity data, heart rate, resting heart rate, heart rate variability, sleep, VO2 max, walking heart rate, step count, distance, calories, and related fitness or recovery data.

Relay uses this information to show dashboards, track training progress, compare workouts against goals, and provide general fitness and wellness context.

Relay does not access Apple Health data unless you grant permission through Apple Health.

Training and Goal Information

Relay may store information you enter into the app, such as training goals, workout plans, completed workouts, plan preferences, fitness level, schedule, and related training details.

AI Plan Generation

Relay may use a third-party AI service, such as Google Gemini through Firebase, to generate personalized training plan suggestions. When you use AI plan generation, information you provide, and relevant training context, may be sent to that service to generate a response.

Do not enter information you do not want processed by the AI service.

How We Use Information

Relay uses information to:

- Create and display training plans
- Track workout and goal progress
- Show daily, weekly, monthly, and yearly dashboards
- Display recovery and wellness trends
- Generate workout and plan suggestions
- Improve app functionality and user experience
- Provide notifications related to planned workouts

Health and Wellness Disclaimer

Relay provides fitness, training, recovery, and general wellness information. Relay does not provide medical advice, diagnosis, treatment, or guidance for managing medical conditions.

You should consult a qualified healthcare professional before making health-related decisions, especially if you have a medical condition, injury, or concern.

Sharing of Information

Relay does not sell your personal information.

Relay may share limited information with third-party services only when necessary to provide app functionality, such as AI plan generation through Google Gemini or Firebase services.

Apple Health data is used only for app functionality and is not sold or used for advertising.

Data Storage

Relay stores app data locally on your device and may use Apple platform storage features as part of normal app operation.

Some information may be processed by third-party services when you choose to use features that require them, such as AI-generated plan creation.

Your Choices

- You can control Apple Health permissions at any time in the Apple Health app or iOS Settings.
- You can choose not to use AI plan generation.
- You can delete or edit training plans, goals, and workouts within the app where supported.

Children's Privacy

Relay is not intended for children under 13. We do not knowingly collect personal information from children under 13.

Data Security

We take reasonable steps to protect your information. However, no method of electronic storage or transmission is completely secure.

Changes to This Policy

We may update this Privacy Policy from time to time. If we make changes, we will update the effective date at the top of this page.

Contact

If you have questions about this Privacy Policy, contact:

- Relay
- michael@looplooploop.app