

Privacy Policy – TrimTrack Fitness

TrimTrack Fitness (“we”, “our”, or “us”) respects your privacy and is committed to protecting your personal information.

1. Information We Collect

We may collect the following types of data:

- Personal Information (such as name and email, if you sign in with Google)
- Health and Fitness Data (such as steps count and activity data)
- Device Information (such as device type and operating system)
- App usage data (for improving performance)

2. How We Use Your Information

We use your data to:

- Provide fitness tracking features (steps, activity)
- Improve app performance and user experience
- Send notifications and reminders
- Maintain app security

3. Data Sharing

We do not sell or share your personal data with third parties, except:

- When required by law
- To provide essential services (such as Firebase for authentication and storage)

4. Data Security

We take appropriate security measures to protect your data from unauthorized access, loss, or misuse.

5. User Control

You can:

- Stop using the app anytime
- Revoke permissions (like fitness or notifications) from device settings

6. Permissions Used

Our app may request:

- Physical activity / fitness data (for step tracking)
- Notifications (for reminders)
- Internet access (for app functionality)

7. Children's Privacy

This app is not intended for children under 13 years of age.

8. Changes to This Policy

We may update this Privacy Policy from time to time.

9. Contact Us

If you have any questions, contact us at:

 your-trimtrackfitness@gmail.com

By using TrimTrack Fitness, you agree to this Privacy Policy.