

# Privacy Policy

UPDATED: 29th July 2023

## FitFlo App Privacy Policy

Effective Date: 29th July 2023

Welcome to the Privacy Policy of our Fitness App. This Privacy Policy explains how we collect, use, disclose, and safeguard your personal information when you use our app. By accessing or using the Fitness App, you consent to the practices described in this Privacy Policy. Please read this policy carefully to understand our practices regarding your personal data.

### 1. Information We Collect:

- a. Personal Information: During the sign-up process and while using the app, we may collect certain personal information, such as your name, email address, date of birth, gender, and other information you provide voluntarily.
- b. Health and Fitness Data: The Fitness App may collect and process health-related data, exercise routines, fitness progress, and other related information that you choose to input or synchronize from compatible third-party devices.
- c. Device and Usage Information: We may collect information about your device, including its operating system, unique device identifier, IP address, mobile network information, and usage data related to your interactions with the app.

### 2. Use of Information:

- a. Provide Services: We use your information to deliver the services offered by the Fitness App, including tracking your fitness progress, providing personalized recommendations, and offering various features.
- b. Communication: We may use your email address to send you service-related updates, notifications, marketing communications, or newsletters.
- c. Analytics: We may use aggregated and anonymized data for analytical purposes to improve the app's functionality and user experience.
- d. Legal Compliance: We may process your information to comply with applicable laws, regulations, or legal processes.

### 3. Data Sharing:

- a. Third-Party Integration: With your consent, the Fitness App may integrate with third-party services to provide additional functionalities. In such cases, your information may be shared with these third-party services as necessary to enable their services.
- b. Aggregated and Anonymized Data: We may share aggregated and anonymized data with third parties for analytical, research, marketing, or other purposes. This data will not identify you personally.

### 4. Data Security:

- a. We employ industry-standard security measures to protect your personal information from unauthorized access, disclosure, alteration, or destruction.
- b. While we take reasonable steps to safeguard your data, please understand that no method of transmission over the internet or electronic storage is 100% secure.

### 5. Your Choices:

- a. Account Information: You may access, review, update, or delete your account information through the app's settings.
- b. Communication: You can manage your communication preferences by opting out of marketing emails or notifications.
- c. Data Access: You may request access to the personal information we hold about you or request its deletion, subject to legal limitations.

### 6. Children's Privacy:

The Fitness App is not intended for use by individuals under the age of 18. We do not knowingly collect personal information from children under 18. If we become aware that a child under 18 has provided us with personal information, we will take steps to delete such information.

**7. Changes to this Privacy Policy:**

We may update this Privacy Policy from time to time to reflect changes in our data practices. We will notify you of any significant changes by email or through app notifications. Please review the Privacy Policy periodically for updates.

**8. Contact Us:**

If you have any questions, concerns, or requests regarding this Privacy Policy or our data practices, please contact us at [ssian@fitfloapp.com](mailto:ssian@fitfloapp.com).

By using our Fitness App, you agree to the terms of this Privacy Policy. Thank you for entrusting us with your personal information.

[End of Privacy Policy]