

Privacy Policy for SolidTrack

Last Updated: 2 August 2026

Introduction

Welcome to SolidTrack, a fitness tracking application designed to help you achieve your health and wellness goals. This Privacy Policy explains how we collect, use, protect, and share your personal information when you use our mobile application.

By using SolidTrack, you consent to the practices described in this Privacy Policy.

Information We Collect

Personal Information You Provide

Account Information: - Email address (required for account creation) - Display name - Profile picture (optional) - Phone number (optional, for SMS authentication)

Fitness Profile: - Age and date of birth - Gender - Height and weight - Fitness level (beginner, intermediate, advanced) - Fitness goals (weight loss, muscle gain, endurance, etc.) - Dietary preferences (optional) - Injury history (optional)

Workout Data: - Exercise routines and workout plans - Sets, repetitions, and weights used - Workout duration and frequency - Progress photos (optional) - Personal notes and comments

Nutrition Information: - Meal descriptions and food intake - Nutritional goals and preferences - Calorie tracking data

Apple Watch and Health Data (via Apple HealthKit)

If you use the SolidTrack Apple Watch companion app and grant permission, we access the following through Apple HealthKit only for the duration of a tracked workout: - Heart rate (shown live on your wrist during a workout, and averaged for your workout summary) - Active energy burned (calories) for that workout - Workout session data (type, start/end time, duration) — written back to your Health app so it counts toward your Activity rings - Distance travelled during a cardio workout, as measured by your Apple Watch's own sensors (this is calculated by Apple's HealthKit, not by us, and does not use SolidTrack's location permission)

On your iPhone, without the Watch: if you log a workout on the phone alone and grant permission, SolidTrack saves that workout to Apple Health — its type, start and end time, duration, and where measured, distance and calories — so it counts toward your Activity rings like any other workout. To avoid saving the same session twice when your Apple Watch has already recorded it, SolidTrack also reads your existing Health workouts to check whether one already covers that time. That check is the only reason we read them, and nothing read in that check is stored by us or sent anywhere.

This data stays under your control through Apple's own Health permissions (Settings → Privacy & Security → Health, or the Health app itself) — you can revoke access for SolidTrack at any time, independently of your SolidTrack account settings. We do not request background or passive health monitoring; HealthKit access is only active while a workout is in progress, or briefly when a workout you logged is being saved.

Location (Outdoor Cardio Only)

If you start an outdoor cardio session (an outdoor run, walk or ride) and grant permission, SolidTrack reads your device location for the duration of that session only, to measure how far you travelled and at what pace.

What we do with it: - Your position is used to calculate the distance between successive points, and that distance is added to the exercise you are recording.

What we do NOT do: - ❌ We do not store your coordinates — not on your device, and not on our servers - ❌ We do not record, save or upload your route or map - ❌ We do not collect location when you are not in an active cardio session you started - ❌ We do not use location for advertising, profiling, or tracking you across apps

Only the resulting distance in metres is saved with your workout. The underlying location readings are discarded as soon as that distance is calculated.

When location is requested: only at the moment you start an outdoor session — never at app launch, and never in the background outside a session.

Continuing while your screen is locked: an outdoor session keeps measuring distance when your phone is in a pocket or the screen is off, which is what makes a run measurable at all. On iPhone this is visible as the status-bar location indicator; on Android an ongoing notification is shown for the same reason. Ending the session stops location access immediately.

Indoor cardio does not use location at all — a treadmill or stationary bike does not move through space, so distance for those comes from the machine's own display or from your Apple Watch's motion sensors.

You are in control: you can decline location and still use every cardio feature, entering distance yourself. You can revoke access at any time in iOS Settings → Privacy & Security → Location Services, or Android Settings → Apps → SolidTrack → Permissions.

Information Automatically Collected

Device and Usage Information: - Device type, operating system, and version - App version and device identifiers - Usage patterns and feature interactions - Error logs and crash reports - Performance data and analytics - Advertising identifier (IDFA) — iPhone and iPad only, and only if you allow tracking when asked. See "Advertising and Attribution"

Technical Data: - IP address - Network connection type - App session duration and frequency

How We Use Your Information

Core App Functionality

- Account Management: Create and maintain your user account
- Workout Tracking: Record and display your fitness activities
- Progress Monitoring: Track your fitness journey over time
- Data Synchronization: Sync your data across devices
- Apple Watch Companion: Mirror your in-progress workout to your wrist, let you complete sets and adjust weight/reps from the Watch, and show live heart rate and a post-workout summary (duration, calories, average heart rate) sourced from Apple HealthKit — used solely to power these on-device features, never for advertising or shared with any third party

Personalization and AI Features

- AI-Powered Recommendations: Generate personalized workout and nutrition suggestions using the third-party AI providers listed under "Third-Party Services" below
- Custom Workout Plans: Create tailored exercise routines based on your profile
- Progress Analysis: Provide insights into your fitness improvements
- Goal Achievement: Help you reach your health and fitness objectives

Communication

- Account Notifications: Send important account-related messages
- App Updates: Inform you about new features and improvements
- Support: Respond to your questions and provide customer service

App Improvement

- Analytics: Understand how users interact with our app
- Bug Fixes: Identify and resolve technical issues
- Feature Development: Enhance existing features and develop new ones

How We Share Your Information

Third-Party Services

Firebase (Google): - Purpose: Backend infrastructure, authentication, data storage, and analytics - Data Shared: All user profile data, workout information, usage analytics - Privacy Policy: <https://policies.google.com/privacy>

AI Providers

Your request is sent to one of the providers below, depending on the feature and on which provider is available at the time. We send only what the feature needs — your fitness profile, the exercise or meal information relevant to the request, and your recent workout history. We do not send your email address, your name, your phone number, or your photos.

Google Gemini: - Purpose: Meal analysis, progress analysis, and AI workout building - Data Shared: Fitness profile, exercise information, meal descriptions - Data Retention: No data stored beyond the API call - Privacy Policy: <https://policies.google.com/privacy>

Anthropic (Claude): - Purpose: The AI coach — conversational workout and training guidance - Data Shared: Fitness profile, workout history, and your messages to the coach - Data Retention: No data stored beyond the API call - Privacy Policy: <https://www.anthropic.com/legal/privacy>

Amazon Web Services (Bedrock): - Purpose: The same AI coach, served through AWS's hosted version of Claude - Data Shared: Fitness profile, workout history, and your messages to the coach - Data Retention: No data stored beyond the API call - Privacy Policy: <https://aws.amazon.com/privacy/>

Google Ads (attribution and measurement): - Purpose: Measuring which advertising campaign led to an app install or a subscription - Data Shared: Advertising identifier (only with your permission — see "Advertising and Attribution" below), app install and subscription events, and the purchase value and currency of a subscription - Data NOT Shared: No workout, health, HealthKit, body-measurement, meal, photo or location data is ever sent for advertising - Privacy Policy: <https://policies.google.com/privacy>

Google Sign-In: - Purpose: Alternative authentication method - Data Shared: Email, display name, profile picture (with your consent) - Privacy Policy: <https://policies.google.com/privacy>

When We May Share Information

Legal Requirements: - To comply with applicable laws, regulations, or legal processes - To respond to government requests or court orders - To protect our rights, property, or safety, or that of our users

Business Transfers: - In connection with a merger, acquisition, or sale of assets - Your information would be transferred to the new entity

With Your Consent: - When you explicitly authorize us to share your information - For specific purposes you've agreed to

What We DON'T Do

-  We do NOT sell your personal information to third parties
-  We do NOT use your fitness, health, meal, body-measurement, photo or location data for advertising — advertising measurement uses only the advertising identifier and subscription events described in "Advertising and Attribution"
-  We do NOT share your data for marketing by other companies

- ❌ We do NOT track you across other apps or websites unless you grant permission when asked, and you can withdraw it at any time in iOS Settings
- ❌ We do NOT sell or share Apple HealthKit data (heart rate, calories, workout sessions) with any third party, data broker, or advertiser, and never use it for advertising or marketing of any kind
- ❌ We do NOT store, upload or share your location, route or map data with anyone — only the distance travelled is kept, and the position readings behind it are discarded

Advertising and Attribution

We advertise SolidTrack, and we measure whether that advertising works. This section explains exactly what that involves, because it is the only part of the app that shares anything with an advertising company.

What we are trying to learn

Only one thing: which advertising campaign led to an install or a subscription. We are not building a profile of you, and we do not use anything you record in the app — workouts, health data, meals, body measurements, progress photos or location — for advertising or marketing of any kind.

We ask first

On iPhone and iPad, the first time you open SolidTrack we show Apple's App Tracking Transparency prompt. Your answer controls everything in this section:

- If you decline, or never answer: no advertising identifier is collected,

and no information is linked to you across other companies' apps or websites. - If you allow it: your device's advertising identifier (IDFA) may be shared with Google Ads so that an install or subscription can be matched to the campaign that produced it.

You can change your answer at any time in iOS Settings → Privacy & Security → Tracking. Declining costs you nothing — no feature is withheld, restricted, or degraded, and the app behaves identically either way.

What is shared for advertising

- The advertising identifier (IDFA), only if you allowed tracking
- The fact that an install, free trial, or subscription purchase occurred
- The price and currency of a subscription, so campaign spending can be compared

against revenue

What is never shared for advertising

- Apple HealthKit data of any kind — heart rate, calories, or workout sessions

- Workouts, exercises, sets, weights, or cardio distance
- Meals, nutrition data, body measurements, or progress photos
- Location, route, or distance data
- Your name, email address, or phone number

SKAdNetwork

We also use Apple's SKAdNetwork, which reports campaign performance to us in an aggregated, delayed form that Apple designed so individual users cannot be identified. It works whether or not you allow tracking, and it does not use the advertising identifier.

Data Security

Protection Measures

- Encryption: All data is encrypted in transit using TLS 1.3
- Secure Storage: Data at rest is protected using industry-standard encryption
- Authentication: Secure Firebase authentication with multi-factor options
- Access Controls: Limited access to personal data on a need-to-know basis
- Regular Audits: Ongoing security assessments and improvements

Your Role in Security

- Use a strong, unique password for your account
- Enable two-factor authentication when available
- Keep your app updated to the latest version
- Report any suspicious activity immediately

Your Privacy Rights

Account Control

- Access: View all personal data we have about you
- Update: Modify your profile information at any time
- Download: Export your data in a portable format
- Delete: Permanently remove your account and all associated data

Data Management

- Opt-Out: Disable analytics and crash reporting in app settings
- Consent Withdrawal: Remove consent for optional features
- Communication Preferences: Control notification settings

Regional Rights

For EU Users (GDPR): - Right to access your personal data - Right to rectify inaccurate information - Right to erase your data ("right to be forgotten") - Right to restrict processing - Right to data portability - Right to object to processing - Right to withdraw consent

For California Users (CCPA): - Right to know what personal information is collected - Right to delete personal information - Right to opt-out of sale (Note: We don't sell personal information) - Right to non-discrimination for exercising these rights

Data Retention

How Long We Keep Your Data

- Active Accounts: Data retained while your account is active
- Deleted Accounts: Personal data deleted within 30 days of account deletion
- Backup Systems: Data removed from all backups within 90 days
- Legal Requirements: Some data may be retained longer if required by law

Automated Deletion

- Inactive accounts may be deleted after 3 years of inactivity
- You'll receive advance notice before any automated deletion

Children's Privacy

Age Restrictions

- SolidTrack is intended for users 13 years of age and older
- We do not knowingly collect personal information from children under 13
- If we discover we have collected information from a child under 13, we will delete it immediately

Parental Rights

- Parents can contact us to review, delete, or stop further collection of their child's information
- We require parental consent for users under 18 in certain jurisdictions

International Data Transfers

Cross-Border Processing

- Your data may be processed in countries other than your residence
- We ensure adequate protection through appropriate safeguards

- Firebase operates globally with data centers in multiple regions

Adequacy Decisions

- We rely on approved transfer mechanisms for international data sharing
- Your data is protected regardless of where it's processed

Changes to This Privacy Policy

Updates and Notifications

- We may update this Privacy Policy periodically
- Material changes will be communicated through the app or email
- Continued use after changes constitutes acceptance
- Previous versions are available upon request

Change Log

- Version 1.2 (2 August 2026): Added disclosure for outdoor cardio location use (distance only; position readings discarded and never uploaded). Added the "Advertising and Attribution" section covering App Tracking Transparency, the advertising identifier, subscription events shared with Google Ads, and SKAdNetwork; the previous blanket statement that we do not use data for advertising has been replaced with a precise description of what is and is not shared. Corrected the AI provider disclosure: alongside Google Gemini, the AI coach is served by Anthropic and by Amazon Web Services (Bedrock), neither of which was previously listed. Added that SolidTrack writes workouts you log on your iPhone to Apple Health
- Version 1.1 (July 16, 2026): Added disclosure for the Apple Watch companion app and Apple HealthKit data (heart rate, active energy/calories, workout sessions)
- Version 1.0 (September 15, 2025): Initial privacy policy

Contact Us

Privacy Questions

If you have questions about this Privacy Policy or our data practices:

Email: davinder@solidevelectrosoft.com Website: <https://www.solidevelectrosoft.com>

Data Protection Officer

For GDPR-related inquiries: DPO Contact: davinder@solidevelectrosoft.com

Response Time

We aim to respond to privacy inquiries within 5 business days.

App Store Specific Information

Data Collection Summary

This app collects: - ☒ Contact information (email, phone) - ☒ Health and fitness data (workout logs; and, if you use the Apple Watch companion app, heart rate, active energy/calories, and workout sessions via Apple HealthKit) - ☒ Photos (profile pictures) - ☒ Usage data and analytics - ☒ Identifiers for app functionality - ☒ Authentication information

This app does NOT collect: - ☒ Location data - ☒ Financial information - ☒ Audio recordings - ☒ Web browsing history - ☒ Search history

Tracking Information

- This app asks for your permission before tracking you across other companies' apps and websites, using Apple's App Tracking Transparency prompt. If you decline, no advertising identifier is collected and no cross-app tracking takes place
- If you allow it, the advertising identifier and your subscription events are used to measure which advertising campaign brought you to SolidTrack. Your fitness, health, meal, body-measurement, photo and location data are never used for this
- You can change your answer at any time in iOS Settings → Privacy & Security → Tracking
- Declining costs you no features. Nothing in the app behaves differently either way
- Third-party services may have their own tracking practices as described in their privacy policies

Consent and Agreement

By creating an account and using SolidTrack, you acknowledge that you have read, understood, and agree to this Privacy Policy. You also consent to the collection, use, and sharing of your information as described herein.

If you do not agree with this Privacy Policy, please do not use our app.

Additional Resources

- Terms of Service: [\[Link to Terms of Service\]](#)
- Cookie Policy: [\[Link if applicable\]](#)
- Security Practices: [\[Link to security information\]](#)
- Data Subject Request Form: [\[Link to request form\]](#)

This Privacy Policy is effective as of the date listed above and applies to all users of the SolidTrack application.