

Cookie Policy – Trainly

Last updated: September 2025

This Cookie Policy explains how **Trainly (“we”, “our”, or “us”)** uses cookies and similar technologies when you visit our website, landing page, or use the Trainly mobile application (collectively, the “Services”).

This policy explains what cookies are, how we use them, and how you can manage your preferences.

1. What Are Cookies?

Cookies are small text files stored on your device (computer, smartphone, or tablet) when you visit a website or use certain digital services. Cookies help websites and applications function properly, remember user preferences, and collect information about how users interact with the service.

Similar technologies such as **SDKs, pixels, and local storage** may also be used within mobile applications to achieve similar purposes.

2. How Trainly Uses Cookies and Similar Technologies

Trainly uses cookies and similar technologies to:

- Ensure the proper functioning of our website and application
- Remember your preferences and login sessions
- Analyze how users interact with our services

- Improve performance and user experience
- Provide personalized features and recommendations
- Measure the effectiveness of marketing campaigns
- Maintain security and prevent fraudulent activity

Some cookies are essential for the Services to work, while others help us improve the experience.

3. Types of Cookies We Use

a. Strictly Necessary Cookies

These cookies are essential for the operation of the Services and cannot be disabled.

They enable core functionality such as:

- Account login and authentication
- Security protections
- Navigation within the app or website
- Saving consent preferences

Without these cookies, certain parts of the Services may not function properly.

b. Performance & Analytics Cookies

These cookies help us understand how users interact with Trainly by collecting anonymous information about:

- Pages visited
- Features used
- Workout tracking activity
- App crashes or errors
- Time spent using the application

This information helps us improve functionality, performance, and user experience.

Examples may include analytics providers such as:

- Firebase Analytics
- Google Analytics
- App performance monitoring tools

c. Functional Cookies

These cookies allow the Services to remember choices you make and provide enhanced functionality.

Examples include:

- Remembering workout preferences
- Saving training progress

- Storing language or region settings
 - Personalizing content within the knowledge hub
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d. Marketing & Advertising Cookies

These cookies may be used to measure the effectiveness of marketing campaigns or deliver relevant advertisements.

They may track:

- Visits to the landing page
- Campaign attribution
- User interactions with promotional content

Marketing cookies may be placed by Trainly or by third-party partners.

4. Cookies Used in the Mobile Application

Unlike traditional websites, mobile apps often use **software development kits (SDKs)** rather than cookies.

These technologies may collect information such as:

- Device type and operating system
- App usage statistics
- Session activity

- Crash diagnostics
- Engagement with features like workouts, journaling, and progress tracking

These technologies allow Trainly to improve the reliability, performance, and usability of the application.

5. Third-Party Cookies and Technologies

Trainly may use third-party services to support analytics, infrastructure, and marketing.

Examples may include:

- Cloud hosting providers
- Analytics platforms
- Payment processing services
- Customer support tools

These third parties may place their own cookies or similar technologies in accordance with their privacy policies.

Trainly does not control these cookies directly.

6. Managing Your Cookie Preferences

You can manage or disable cookies in several ways:

Website Cookie Banner

When visiting our landing page, you will be presented with a cookie consent banner allowing you to:

- Accept all cookies
- Reject non-essential cookies
- Customize cookie preferences

You can change your preferences at any time.

Browser Settings

Most web browsers allow you to:

- Delete cookies
- Block cookies
- Receive notifications before cookies are stored

Instructions can usually be found in your browser's help section.

Mobile Device Settings

For mobile apps, you may limit tracking through device settings such as:

- **Apple iOS:** "Allow Apps to Request to Track"
- **Android:** "Ads Personalization" settings

Disabling certain tracking features may affect some functionalities of the app.

7. Cookie Retention

Cookies may be stored for different durations:

Session Cookies

- Deleted automatically when you close your browser or app session.

Persistent Cookies

- Stored on your device until they expire or are manually deleted.

Retention periods vary depending on the purpose of the cookie.

8. Data Protection & Privacy

Information collected through cookies may be considered personal data under certain regulations.

Trainly processes such data in accordance with our **Privacy Policy**, which explains:

- What data we collect
- How we use it
- Your privacy rights

We recommend reviewing the Privacy Policy for more information.

9. Changes to This Cookie Policy

We may update this Cookie Policy from time to time to reflect:

- Changes in technology
- Regulatory requirements
- Updates to our services

Any changes will be posted on this page with the updated revision date.

10. Contact Us

If you have any questions about this Cookie Policy or our data practices, please contact us:

Trainly Support Team

 contact@trainlyapp.com

 trainlyapp.com