

# Privacy Policy

*Last updated: September 2025*

Trainly (“we,” “our,” or “us”) values your privacy and is committed to protecting your personal data. This Privacy Policy explains how we collect, use, store, and share information when you use the Trainly mobile application (the “App”) and related services.

By using Trainly, you consent to the practices described in this Privacy Policy. If you do not agree, please discontinue use of the App.

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## 1. Information We Collect

When you use Trainly, we may collect the following types of information:

### a. Personal Information You Provide

- **Account Information:** name, email address, password (if applicable).
- **Profile Data:** age, gender, height, weight, fitness level, training goals, dietary preferences.
- **Workout & Nutrition Data:** custom workout preferences, training history, nutritional tracking (e.g., macros).
- **Mental Health & Journaling Data:** mood logs, journal entries, reflections.

### b. Automatically Collected Information

- **Usage Data:** app activity, workout progress, feature usage, gamification data.
- **Device Information:** device type, operating system, app version, IP address.

- **Cookies & Analytics:** to improve app performance and personalize user experience.

### c. Community & Content Contributions

- **Community Posts:** content you share in the in-app community or knowledge hub.
  - **Support Requests:** information you provide when contacting customer support.
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## 2. How We Use Your Information

We use your information to:

- Create and personalize your fitness and nutrition program.
  - Track your workout progress and adapt program difficulty.
  - Provide journaling and mood tracking insights.
  - Offer motivational content and behavioral science-based guidance.
  - Support community interactions and peer encouragement.
  - Deliver relevant educational content in the knowledge hub.
  - Improve app performance, safety, and reliability.
  - Communicate updates, reminders, and promotional content (with consent).
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## 3. Legal Basis for Processing (if applicable)

Where required by law (e.g., GDPR), our legal bases include:

- **Consent:** e.g., for mental health journaling features.
  - **Performance of a Contract:** to provide the services you signed up for.
  - **Legitimate Interests:** to improve our services, prevent misuse, and enhance security.
  - **Legal Obligations:** to comply with applicable laws.
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## 4. Data Sharing & Disclosure

We do **not** sell your personal data. We may share data only with:

- **Service Providers:** analytics providers, hosting partners, cloud storage providers.
  - **Community Features:** posts and comments you choose to make publicly visible.
  - **Legal Requirements:** when required to comply with applicable laws, regulations, or governmental requests.
  - **Business Transfers:** in connection with a merger, acquisition, or asset sale.
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## 5. Data Retention

We retain personal data only as long as necessary to fulfill the purposes described in this Privacy Policy, unless a longer retention period is required by law. You may request deletion of your account and data at any time.

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## 6. Data Security

We use reasonable organizational and technical measures to protect your personal data from unauthorized access, alteration, disclosure, or destruction. However, no method of transmission or storage is 100% secure.

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## 7. Your Rights

Depending on your jurisdiction (e.g., GDPR, CCPA), you may have rights to:

- Access, correct, or update your personal data.
- Request deletion of your data.
- Withdraw consent for specific features (e.g., journaling).
- Request a copy of your data in portable format.
- Opt out of marketing communications.

To exercise these rights, contact us at [trainlysupport@gmail.com](mailto:trainlysupport@gmail.com).

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## 8. Children's Privacy

Trainly is not intended for children under the age of 16 (or the minimum legal age in your country). We do not knowingly collect personal data from children. If we learn that a child has provided us with data, we will delete it promptly.

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## 9. International Data Transfers

If you access Trainly from outside Ireland, your data may be transferred to and processed in countries with data protection laws different from your own.

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## 10. Third-Party Services

The App may link to third-party content or services (e.g., YouTube, Stripe, Firebase). These services are governed by their own privacy policies, and we are not responsible for their practices.

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## 11. Updates to This Policy

We may update this Privacy Policy from time to time. Changes will be posted in the App, and the “last updated” date will be revised. Continued use of the App constitutes acceptance of the updated policy.

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## 12. Contact Us

If you have questions about this Privacy Policy or how your data is handled, please contact us at:

### Trainly Support Team

 [contact@trainlyapp.com](mailto:contact@trainlyapp.com)

 [trainlyapp.com](https://trainlyapp.com)