

Terms & Conditions

Last updated: September 2025

Welcome to Trainly! These Terms & Conditions (“Terms”) govern your access to and use of the Trainly mobile application and related services (collectively, the “App”). Please read these Terms carefully before using Trainly. By creating an account, accessing, or using the App, you agree to be bound by these Terms. If you do not agree, please do not use the App.

1. Eligibility

- You must be at least **16 years old** (or the minimum legal age in your jurisdiction) to use Trainly.
 - By using the App, you confirm that you have the legal capacity to enter into these Terms.
 - If you use Trainly on behalf of an organization, you represent that you are authorized to accept these Terms on its behalf.
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2. Health & Safety Disclaimer

- Trainly provides **fitness, nutrition, journaling, and educational content for informational purposes only**.
- Trainly is **not a medical service** and does not provide medical advice, diagnosis, or treatment.
- Always consult a qualified healthcare provider before starting any exercise, nutrition, or mental health program, especially if you have pre-existing conditions (e.g., heart

disease, diabetes, mental health disorders, pregnancy).

- You understand and accept the risks inherent in physical activity, including injury or worsening of health conditions, and you use the App at your own risk.
 - Trainly is **not a substitute for professional therapy, counseling, or medical treatment**. If you are experiencing a mental health crisis, please seek immediate professional help.
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3. Accounts & Registration

- You must provide accurate, complete, and current information when creating an account.
 - You are responsible for maintaining the confidentiality of your login credentials and for all activities under your account.
 - Trainly reserves the right to suspend or terminate accounts that violate these Terms.
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4. Subscriptions & Payments

- Some features of Trainly may require a **paid subscription**.
- Subscription terms, renewal periods, and pricing will be disclosed at the time of purchase.
- Payments are handled through third-party platforms (e.g., Apple App Store, Google Play Store) and subject to their terms and refund policies.
- All fees are non-refundable except where required by law.

5. Use of the App

You agree to use Trainly only for lawful purposes and in compliance with these Terms. Specifically, you agree not to:

- Misuse or interfere with the functionality of the App.
- Share false, misleading, or harmful information in the community.
- Harass, abuse, or intimidate other users.
- Upload content that infringes intellectual property, privacy, or other rights.
- Attempt to reverse-engineer, copy, or distribute the App's software.

6. Community & User Content

- Trainly includes a supportive **community forum and knowledge hub** where users can share content.
 - You retain ownership of the content you post but grant Trainly a non-exclusive, worldwide, royalty-free license to use, display, and distribute that content in connection with the App.
 - Trainly may moderate, edit, or remove content that violates these Terms or is otherwise deemed inappropriate.
 - You are solely responsible for the content you share.
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7. Gamification & Progression

- The App uses **gamification elements** (e.g., habit tracking, progress unlocks, achievements) designed to support behavior change.
 - These features are intended for **motivational and educational purposes only** and should not replace professional health or mental health care.
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8. Intellectual Property

- All content in Trainly, including text, graphics, logos, software, and educational materials, is owned by Trainly or its licensors.
 - You may not copy, modify, distribute, or create derivative works without prior written consent.
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9. Privacy

Your use of Trainly is also governed by our **Privacy Policy**, which explains how we collect, use, and protect your personal data. Please review it carefully.

10. Termination

We reserve the right to suspend or terminate your account at any time if:

- You violate these Terms.
- You misuse the App or engage in harmful behavior toward other users.

- We discontinue or modify the App.

Upon termination, your right to use the App will cease immediately.

11. Disclaimers & Limitation of Liability

- The App is provided on an “**as is**” and “**as available**” basis.
 - Trainly makes no guarantees regarding results, outcomes, or uninterrupted availability of the App.
 - To the fullest extent permitted by law, Trainly disclaims all liability for:
 - Injuries, health issues, or damages arising from your use of the App.
 - Loss of data, revenue, or profits.
 - Third-party actions, services, or content linked to within the App.
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12. Indemnification

You agree to indemnify and hold harmless Trainly, its affiliates, and staff from any claims, liabilities, damages, losses, or expenses arising from:

- Your use of the App.
 - Your violation of these Terms.
 - Your content or conduct in the community.
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13. Governing Law

These Terms are governed by the laws of [Insert Jurisdiction]. Any disputes shall be resolved exclusively in the courts of [Insert Jurisdiction].

14. Changes to Terms

We may update these Terms at any time. Updated Terms will be posted in the App, with the “last updated” date revised. Continued use of Trainly after changes indicates your acceptance.

15. Contact Us

If you have questions about these Terms, please contact us:

Trainly Support Team

 contact@trainlyapp.com

 trainlyapp.com