

Privacy Policy for Exercise Challenge App

1. Introduction

Welcome to Exercise Challenge ("we", "our", "us"). We are committed to protecting your privacy. This Privacy Policy explains how we collect, use, and safeguard your personal data when you use our Exercise Challenge app ("App").

2. Information We Collect

We collect the following types of information:

a. Personal Information

- **Account Information:** When you create an account, we may collect your name, email address, date of birth, and other necessary information.
- **Activity Data:** We collect data related to your exercise activities (e.g., minutes, steps, workout duration, calories burned) to help you track progress.

b. Device Information

- **Device Information:** We may collect information about your device, including model, operating system, and unique device identifiers.
- **Usage Data:** We collect information about how you interact with the App, including crash reports, features used, and app performance.

c. Location Information (optional)

- If you enable location tracking, we may collect and store your geographic location to provide location-based services like nearby challenges or event tracking.

3. How We Use Your Information

We use the collected data for the following purposes:

- To provide and maintain the App's services (tracking workouts, sending reminders, etc.)
- To improve the App by analyzing user data and app performance
- To communicate with you about your account, new features, and updates
- To provide personalized recommendations based on your fitness data
- To comply with legal obligations (if required)

4. How We Share Your Information

We do not share your personal data with third parties except in the following circumstances:

- **Service Providers:** We may share your information with trusted third-party vendors who assist in providing services (e.g., data hosting, customer support).
- **Legal Requirements:** We may disclose your information if required by law or in response to valid requests by public authorities.

5. Data Security

We implement reasonable technical and organizational measures to protect your data from unauthorized access, disclosure, or destruction. However, no method of data transmission over the internet is 100% secure, and we cannot guarantee absolute security.

6. Your Rights

You have the right to:

- Access, update, or delete your personal information
- Withdraw consent for data collection, where applicable
- Opt-out of promotional communications at any time

For more information or to exercise your rights, please contact us at contact@alsikeinc.com.

7. Children's Privacy

The App is not intended for children under the age of 13. We do not knowingly collect personal information from children. If we learn that we have collected personal information from a child under 13, we will take steps to delete such information.

8. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. Any changes will be posted on this page, and we will notify you of significant updates through in-app notifications or email.

9. Contact Us

If you have any questions about this Privacy Policy, please contact us at:

- Email: contact@alsikeinc.com

Terms and Conditions for Exercise Challenge App

1. Introduction

These Terms and Conditions ("Terms") govern your use of the Exercise Challenge app ("App") provided by Alsike, Inc. ("we", "our", "us"). By accessing or using the App, you agree to comply with these Terms.

2. Account Creation and Use

To use the App, you may need to create an account. You agree to provide accurate and up-to-date information when creating your account. You are responsible for maintaining the confidentiality of your login credentials and for all activities that occur under your account.

3. User Responsibilities

You agree to:

- Use the App in accordance with applicable laws and regulations
- Not engage in any fraudulent, abusive, or harmful activity, including but not limited to spamming or distributing malicious software
- Not interfere with or disrupt the functioning of the App or its servers
- Not use the App for any purpose other than personal fitness tracking and challenges

4. License Grant

We grant you a limited, non-exclusive, non-transferable license to use the App for personal, non-commercial use, subject to these Terms. You may not distribute, sell, or reverse-engineer the App without our explicit consent.

5. Data Collection and Usage

By using the App, you consent to the collection, use, and processing of your data as outlined in our [Privacy Policy]. We may use your data to personalize your experience, analyze usage patterns, and improve the App.

6. In-App Purchases

The App may offer in-app purchases, such as premium features or content. All transactions are handled through the app store platform (Google Play or Apple App Store), and you agree to comply with the terms and conditions of those platforms.

7. Disclaimers and Limitations of Liability

The App is provided "as is" and we do not guarantee its availability, accuracy, or functionality. We are not responsible for any harm, loss, or damages arising from your use of the App, including but not limited to data loss, injury, or accidents resulting from exercise.

8. Termination

We may suspend or terminate your access to the App if you violate these Terms. You may terminate your account at any time by contacting us or using the in-app settings.

9. Indemnification

You agree to indemnify and hold harmless Alsike Inc., its affiliates, and its employees from any claims, damages, liabilities, or expenses arising out of your use of the App or violation of these Terms.

10. Changes to the Terms

We may update these Terms from time to time. Any changes will be posted in the app or on our website. By continuing to use the App, you agree to the updated Terms.

11. Governing Law

These Terms are governed by the laws of United States. Any disputes related to these Terms will be resolved in the courts.

12. Contact Us

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

- Email: contact@alsikeinc.com