

# Terms of Use

Welcome to **TheHealthChallenge**! By accessing or using our app, you agree to comply with and be bound by these Terms of Use. If you do not agree to these terms, please do not use the app.

## 1. Acceptance of Terms

These Terms of Use form a binding agreement between you and **HealthChallengeCO**, the owner and operator of **TheHealthChallenge**. By using the app, you confirm that you have read, understood, and agree to these terms.

---

## 2. Eligibility

- You must be at least 18 years old (or the age of majority in your jurisdiction) to use the app.
  - By using the app, you represent that you have the legal capacity to enter into this agreement.
- 

## 3. Use of the App

You agree to use the app only for lawful purposes and in accordance with these Terms of Use. You agree not to:

- Use the app in a way that violates any applicable law or regulation.
  - Attempt to interfere with the app's functionality or security.
  - Submit false or misleading information.
- 

## 4. Health Disclaimer

- **TheHealthChallenge** is designed for informational and motivational purposes only.
  - It is not a substitute for professional medical advice, diagnosis, or treatment.
  - Always seek advice from a qualified healthcare provider before making any changes to your fitness, diet, or health routine.
-

## 5. User Content

- You are responsible for any content you submit, upload, or share on the app.
  - By submitting content, you grant **TheHealthChallenge** a worldwide, non-exclusive, royalty-free license to use, reproduce, modify, and distribute your content.
- 

## 6. Intellectual Property

All content provided on **TheHealthChallenge** is the property of **HealthChallengeCO** or its licensors. You may not copy, distribute, or use this content without our express written permission.

---

## 7. Termination

We reserve the right to terminate or suspend your access to the app at any time, without notice, if you violate these Terms of Use.

---

## 8. Limitation of Liability

- **TheHealthChallenge** is provided "as is" without any warranties, express or implied.
  - To the fullest extent permitted by law, we disclaim all liability for any damages arising from your use of the app.
- 

## 9. Governing Law

These Terms of Use are governed by the laws of Sweden. Any disputes arising from these terms will be resolved in the courts of Sweden.

---

## 10. Changes to Terms

We reserve the right to update these Terms of Use at any time. Any changes will be posted in the app and become effective immediately upon posting.

---

## **11. Contact Us**

If you have questions about these Terms of Use, contact us at: **[emmamhm2@gmail.com](mailto:emmamhm2@gmail.com)**