

Privacy Policy

TheHealthChallenge is committed to protecting your privacy. This Privacy Policy explains how we collect, use, and protect your information when you use our app.

1. Information We Collect

- **Personal Information:** Name, email address, and other information you voluntarily provide.
 - **Health Data:** Data you choose to share, such as fitness goals, steps, or activity data.
 - **Usage Data:** Information about how you interact with the app, including device information and analytics.
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2. How We Use Your Information

- To provide and improve the app's functionality.
 - To personalize your experience.
 - To communicate with you, including updates or promotional messages.
 - To comply with legal obligations.
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3. Sharing Your Information

We do not sell your personal information. We may share your information with:

- **Service Providers:** Third-party vendors who help us operate the app.
 - **Legal Authorities:** When required by law or to protect our legal rights.
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4. Data Security

We implement reasonable measures to protect your data. However, no method of transmission over the internet is completely secure. Use the app at your own risk.

5. Your Rights

Depending on your location, you may have the following rights:

- Access, update, or delete your personal data.
- Restrict or object to data processing.
- Withdraw consent for data collection.

To exercise these rights, contact us at **emmamhm2@gmail.com**.

6. Cookies and Tracking

The app may use cookies or similar technologies to enhance your experience. You can disable cookies through your device settings.

7. Third-Party Links

The app may contain links to third-party websites or services. We are not responsible for their privacy practices.

8. Children's Privacy

The app is not intended for children under 13. We do not knowingly collect information from children.

9. Changes to This Policy

We may update this Privacy Policy from time to time. Any changes will be posted in the app and become effective immediately.

10. Contact Us

If you have questions about this Privacy Policy, contact us at: **emmamhm2@gmail.com**