**Privacy Policy for FitFuel**

**Effective Date:** [4 November 2024]

Thank you for using **FitFuel**. Your privacy is very important to us, and this privacy policy explains how we collect, use, share, and protect your personal information when you use our mobile application ("FitFuel," "we," "our," or "us").

**1. Information We Collect**

We may collect and process the following types of information:

**1.1 Personal Information**

* **Account Information:** If you register for an account, we collect information like your name, email address, and profile photo.
* **Authentication Information:** We may collect data for authentication purposes, including biometric data for logging in securely (e.g., fingerprint or face recognition).

**1.2 Health and Fitness Data**

* **Weight and Diet Logs:** We collect information about your weight entries, food intake, macronutrient breakdown, water intake, and other fitness data to provide you with personalized recommendations and tracking insights.

**1.3 Device and Usage Information**

* **Device Data:** We may collect information about the device you use to access FitFuel, such as device model, operating system, and unique device identifiers.
* **Usage Data:** We gather information on how you interact with the app, including which features you use most frequently and any app performance data.

**1.4 Location Information**

* With your permission, we may collect your approximate location to provide region-specific recommendations or app features. You can control location access through your device settings.

**2. How We Use Your Information**

We use the information we collect to:

* Provide and improve our services, including tracking your fitness progress.
* Personalize your experience within the app based on your fitness data and preferences.
* Send you notifications about app updates, reminders, or relevant content.
* Enhance the security of your account and our app.

**3. Sharing Your Information**

We do not sell or rent your personal information to third parties. We may share information in limited circumstances, including:

* **Service Providers:** We work with third-party service providers to assist with app development, analytics, data storage, and customer support. These providers have access to your data solely to perform these tasks on our behalf.
* **Legal Compliance:** We may share information if required by law, regulation, or legal process, or if necessary to protect the rights, property, and safety of FitFuel, our users, or others.

**4. Data Retention**

We retain your information for as long as necessary to provide our services or as required by law. You can request the deletion of your personal data at any time by contacting us at [support email address].

**5. Security of Your Information**

We take reasonable measures to protect your personal data from unauthorized access, alteration, disclosure, or destruction. However, please note that no method of transmission over the internet or electronic storage is 100% secure.

**6. Your Rights and Choices**

Depending on your location, you may have the right to:

* **Access** the personal data we hold about you.
* **Correct** or update your personal information.
* **Delete** your data (subject to legal or contractual limitations).
* **Opt-out** of certain data collection, such as location tracking or marketing communications.

To exercise these rights, please contact us at [support email address].

**7. Children’s Privacy**

FitFuel is not intended for children under the age of 13. We do not knowingly collect or solicit personal data from children under 13. If we become aware of any such data, we will delete it promptly.

**8. Changes to This Privacy Policy**

We may update this privacy policy from time to time. We encourage you to review it periodically. If we make significant changes, we will notify you through the app or other appropriate channels.

**9. Contact Us**

If you have questions or concerns about this privacy policy or your data, please contact us at:

**Email:** [st10050480@vcconnect.edu.za]

**End of Policy**