

# AI Fitness Privacy Policy

**Effective Date: 19th February 2024**

Welcome to AI Fitness! Your privacy is paramount to us. This Privacy Policy outlines how AI Fitness ("we," "our," or "us") collects, uses, and protects your information when you use our app. By accessing or using AI Fitness, you agree to the collection and use of your information in accordance with this policy.

## Information We Collect

### Personal Information

We collect information you provide directly to us, such as your name, email address, fitness goals, and workout preferences.

### Usage Data

We collect information about your interactions with the app, including workouts selected, progress, and time spent on the app.

### Device Information

We collect information about the mobile device you use to access our app, including hardware model, operating system, and unique device identifiers.

## How We Use Your Information

- To provide, maintain, and improve the AI Fitness app, including to personalize workouts.
- To communicate with you about the app, including updates, security alerts, and support messages.
- To monitor and analyze trends, usage, and activities in connection with our app.

### Third-Party APIs

AI Fitness uses third-party APIs to generate personalized workouts. While we strive to ensure these third parties adhere to strict privacy standards, their use of your information is governed by their respective privacy policies. We do not control and are not responsible for the privacy practices of these third parties.

### Sharing Your Information

We do not share your personal information with third parties except as described in this policy or with your consent. We may share your information with third-party vendors, consultants, and other service providers who need access to such information to carry out work on our behalf.

### Your Rights and Choices

You have the right to access, correct, or delete your personal information. You can manage your information through the app settings or by contacting us directly.

### Data Security

We take reasonable measures to protect your information from unauthorized access, use, alteration, or destruction. However, no security system is impenetrable, and we cannot guarantee the security of our databases.

**Changes to This Privacy Policy**

We may update this Privacy Policy from time to time. We will notify you of any changes by posting the new Privacy Policy on this page. You are advised to review this Privacy Policy periodically for any changes.

**Contact Us**

If you have any questions about this Privacy Policy, please contact us at [ai-fitness@kenech.io](mailto:ai-fitness@kenech.io).

By using AI Fitness, you acknowledge that you have read and understand this Privacy Policy.