CHANGEPLATE'S PRIVACY POLICY

ChangePlate is designed to provide maximum privacy for its users.

Fitness centers that provide the app to their members have access to limited information provided by their members, as follows:

Fitness center admins see: Who their members are (directory); what members choose to share (Notes/posts that members set to "Share with My Gym" visibility, Community messages members post to the gym feed, Public reactions and messages members send to each other); and aggregated statistics

Gym owners _DON'T_ see: Individual eating habits, health data, or private tracking information, including:

- ❌ Individual food logs (what they ate, when, how much)
- ❌ Individual biomarker readings (weight, blood pressure, etc.)
- ❌ Individual analytics and trends
- ❌ Private notes (notes members keep private or share with "All Users" only)
- ❌ Personal health metrics and nutrition details

App administrators who maintain the app for all fitness centers and app members also have access to limited information, as follows:

What Admins CAN See:

1. Member Directory Information:

- Member names and email addresses
- Member status (Active/Inactive)
- Join request details

2. Aggregated Gym Statistics:

- Overall fitness center food category breakdowns (e.g., "30% of gym eats whole foods")
- Fitness Center-wide trends and averages
- Comparison data among fitness centers

3. Content Members Choose to Share:

- Notes/posts that members set to "Share with My Gym" visibility
- Community messages members post to the gym feed
- Public reactions and messages members send to each other

4. Gym Management Tools:

- Approve/reject gym join requests
- Activate/deactivate member accounts
- Remove members from the gym
- Configure gym settings (support email, feature toggles)

❌ What Gym Admins CANNOT See:

Individual Member Health Data:

- ❌ Individual food logs (what they ate, when, how much)
- ❌ Individual biomarker readings (weight, blood pressure, etc.)
- ❌ Individual analytics and trends