

Gym Lift Daily – Privacy Policy

Last Updated: December 25, 2025

Thank you for using Gym Lift Daily (the “App”). This Privacy Policy explains how Gym Lift Daily handles your information when you use the App on your iOS device.

By using the App, you agree to the practices described in this Privacy Policy.

1. Overview

Gym Lift Daily is a workout logging app for iOS that helps you track exercises, sets, reps, and notes. The App is designed to store your workout data securely on your device and in your personal iCloud account via Apple’s CloudKit. The App does not sell your data or use third-party advertising SDKs.

2. Information We Collect

You may enter workout details such as exercises, sets, reps, weight, duration, distance, and notes. This information is stored locally and/or in your iCloud account. The App does not require signup or personal contact information.

The App may also store local settings such as filters, preferences, timestamps, and identifiers to support app functionality.

Apple may provide anonymous aggregated analytics such as crash reports and usage statistics. These are governed by Apple’s privacy practices.

3. Notifications & Reminders

With your permission, Gym Lift Daily may send optional notifications including daily reminders, PR (personal record) nudges, and weekly workout summaries. Notification content is generated locally based on your workout activity. You may disable notifications at any time in system settings.

4. How Your Information Is Used

Your data is used solely to power features such as workout logging, workout history, progress insights, reminders, and iCloud syncing. Your data is not sold or shared for marketing.

5. Data Storage & Sync

Gym Lift Daily uses Apple’s iCloud/CloudKit to sync your workouts to your own iCloud account. Apple manages the security of that storage. You may manage iCloud permissions in your device settings.

6. Data Sharing & Third Parties

Gym Lift Daily does not sell, rent, or trade your data. The only third party involved is Apple, which provides iCloud and App Store services.

7. Health & Sensitive Data

Gym Lift Daily is a fitness logging tool and not a medical application. It does not access medical records or Apple Health unless explicitly enabled with your consent in the future.

8. Children’s Privacy

The App is not intended for children under 13. If you believe a child has submitted information, contact us so we may address it appropriately.

9. Your Choices & Controls

You may delete workouts in-app, disable notifications, disable iCloud sync, uninstall the App, or manage iCloud data through your Apple ID settings.

10. Data Security

We rely on Apple's built-in iOS and iCloud security systems. Users should protect their device and Apple ID credentials.

11. Changes to This Policy

This policy may be updated from time to time. The latest version will always include an updated date.

12. Contact Us

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This Privacy Policy is for informational purposes only and does not constitute legal advice.