Privacy Policy

Last Updated: January 2025

This Privacy Policy explains how GrowYourMember ("we," "us," or "our") collects, uses, and shares information when you use our mobile application (the "App"). If you do not agree with this Privacy Policy, do not use the App.

1. Information We Collect

Information you choose to provide in the App

- Age confirmation (18+).
- Goals, preferences, and routine configuration inputs.
- Workout logs, exercise entries, and progress notes.
- Measurements and progress tracking data you enter.
- Reminder and notification preferences.
- Photos you attach to measurements (optional).

Information collected automatically

- Basic device and app diagnostics (for example: device model, operating system version, and app version).
- Crash and performance data (to help us fix bugs and improve reliability).
- Limited usage analytics events (for example: screens visited and button taps), where enabled.

Purchases and subscriptions

- If you purchase a subscription or other in-app purchase, Apple processes the transaction. We do not receive your full payment card details. We may receive purchase status or entitlement information (for example: active subscription state) to unlock features.

2. How We Use Information

Provide and operate the App features you use.

Personalize your experience based on your inputs (for example: routines, reminders).

Send notifications if you enable them (you can turn them off in device settings).

Troubleshoot, fix bugs, and improve performance and reliability.

Measure and improve onboarding and feature usage to make the App better (analytics where enabled).

Respond to support requests.

3. Where Your Data Is Stored

On-device data

- Your workouts, measurements, notes, and attached photos are stored locally on your device.
- The App uses secure storage mechanisms (such as encrypted secure storage and a local database) to protect this data.
- This personal wellness data is not stored on our servers unless you explicitly export or share it.

Server-side data (limited)

- We may receive limited, non-content analytics and diagnostics data (for example: anonymous usage events and crash reports) to help improve the App. This data is not intended to include your measurement values, photos, or workout content.

4. Sharing and Disclosure

We do not sell your personal information.

We may share information in these situations

- Service providers: with vendors that help us operate the App (for example: analytics, crash reporting, and subscription entitlement services).
- Legal and safety: if required by law, legal process, or to protect rights, safety, and security.
- With your direction: if you choose to export, share, or otherwise disclose information.

5. Third-Party Services

The App may use third-party services for subscriptions, analytics, and diagnostics. These providers process information under their own privacy policies.

Common examples include: Apple In-App Purchases, RevenueCat (subscription entitlement management), and analytics/crash reporting providers you enable in the App build.

6. Your Choices and Rights

Access: you can view the data you have entered within the App.

Export: you can export certain data (for example: CSV exports) if the App provides an export feature.

Delete: because your core data is stored on-device, deleting the App generally removes local App data from that device. If the App provides an in-app delete function, it deletes local data stored by the App on that device.

Analytics opt-out: if the App provides an analytics toggle, you can disable analytics collection there; otherwise you can limit tracking using iOS/Android privacy controls.

Notifications: you can enable or disable notifications in device settings.

7. Children’s Privacy

The App is intended for adults (18+). We do not knowingly collect personal information from children under 18. If you believe a child has provided personal information, contact us so we can take appropriate steps.

8. Health and Wellness Disclaimer

The App is not a medical device and does not provide medical advice. Content and features are for informational and wellness purposes only. Consult a qualified healthcare professional before starting any exercise program or making health decisions.

9. International Users

If you use the App from outside the United States, some service providers may process limited analytics/diagnostics data in other countries. We take reasonable steps to protect information processed by our vendors.

10. Data Retention

On-device data is retained until you delete it in the App, reset the App data (if available), or uninstall the App.

Diagnostics and analytics data is retained only as long as needed for troubleshooting, security, and product improvement, then deleted or aggregated.

11. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. We will update the "Last Updated" date above and may provide notice in the App for material changes. Your continued use of the App after an update means you accept the updated policy.

12. Contact Us

If you have questions about this Privacy Policy, contact us at:

Email: growyourmemberhelp@gmail.com

13. Region-Specific Notices (Optional)

Depending on where you live, you may have additional rights (for example: access, deletion, and correction). If you submit a request, include enough information for us to respond and verify your request.