

Mental Personal Training Privacy Policy

Last Updated: 23 June 2026

Mental Personal Training is committed to protecting your privacy and handling your personal information responsibly.

This Privacy Policy explains how we collect, use, store, and disclose your personal information when you use our website, purchase our products, or engage with our coaching services.

By using our services, you agree to the practices outlined in this Privacy Policy.

1. Information We Collect

We may collect personal information including, but not limited to:

Identity Information

- Full name
- Date of birth
- Gender
- Contact details

Contact Information

- Email address
- Phone number

Health and Fitness Information

- Exercise history
- Fitness goals
- Training experience
- Injury history

- Medical conditions disclosed by you
- Lifestyle information
- Progress measurements
- Progress photos

Payment Information

Payments are processed through secure third-party providers such as Stripe & Trainerize Pay.

Mental Personal Training does not store your full credit card or payment details.

Website Information

We may collect:

- Device information
- Website usage data
- Cookies and analytics data

2. Why We Collect Your Information

We collect personal information to:

- Deliver coaching services
- Design and provide training programs
- Communicate with clients
- Process payments
- Monitor client progress
- Improve our products and services
- Respond to enquiries

- Meet legal obligations
- Maintain client records

We only collect information that is reasonably necessary to provide our services.

3. How We Store and Protect Information

Mental Personal Training takes reasonable steps to protect personal information from misuse, loss, unauthorised access, modification, or disclosure.

Information may be stored using secure third-party platforms including:

- Trainerize
- Stripe
- Google Workspace
- Website hosting providers
- Cloud storage services

While we take reasonable precautions, no online system can be guaranteed to be completely secure.

4. Sharing Your Information

Mental Personal Training does not sell, rent, or trade your personal information.

We may share information with trusted third-party service providers where necessary to deliver our services, including:

- Payment processors
- Coaching software providers
- Website hosting providers
- Email service providers

Information may also be disclosed where required by law.

5. Health Information

Some of the information we collect may be health-related.

Any health information you provide is used solely for the purpose of delivering safe and effective coaching services and will only be accessed by those who require it for that purpose.

You are responsible for ensuring the information you provide is accurate and up to date.

6. Progress Photos and Testimonials

Mental Personal Training may request progress photos, feedback, testimonials, or transformation stories.

We will never publish your photos, results, name, or personal information without your consent.

Where consent is provided, you may withdraw that consent at any time by contacting us.

7. Cookies and Website Analytics

Our website may use cookies and analytics tools to understand how visitors interact with our website.

This information helps us improve website performance and user experience.

You may disable cookies through your browser settings if you choose.

8. Accessing or Correcting Your Information

You may request access to personal information we hold about you.

If any information is inaccurate, incomplete, or out of date, you may request that it be corrected.

Requests can be made using the contact information at the bottom of the policy form.

9. Retention of Information

Mental Personal Training may retain personal information for as long as reasonably necessary to:

- Provide services
- Maintain business records
- Resolve disputes
- Meet legal and regulatory obligations

When information is no longer required, reasonable steps will be taken to securely delete or de-identify it.

10. Third-Party Websites

Our website, emails, or services may contain links to third-party websites.

Mental Personal Training is not responsible for the privacy practices of those external websites.

We encourage users to review the privacy policies of any third-party services they use.

11. Changes to This Privacy Policy

Mental Personal Training reserves the right to update this Privacy Policy.

Any changes will be published on our website and will take effect immediately upon publication.

12. Contact Us

If you have questions regarding this Privacy Policy or wish to access, update, or request deletion of your personal information, please contact:

Mental Personal Training

Email: contact@mentalpt.au

Website: www.mentalpt.au

By using Mental Personal Training products and services, you acknowledge that you have read and understood this Privacy Policy.