

TO Fitness Privacy Policy

Effective Date: January, 1, 2025

1. Introduction

Welcome to TO Fitness! Your privacy is important to us. This Privacy Policy explains how we collect, use, and protect your personal information when you use our services, website, and mobile applications.

2. Information We Collect

We may collect the following types of information:

- **Personal Information:** Name, email address, phone number, billing information, and other details you provide when signing up for our services.
- **Health & Fitness Data:** Information about your workouts, nutrition, progress, and goals (if applicable).
- **Usage Data:** Information about how you use our website, app, and services (e.g., pages visited, time spent on the platform).
- **Device & Technical Data:** IP address, browser type, and other technical information to enhance your experience.

3. How We Use Your Information

We use your data to:

- Provide and personalize our fitness programs and coaching.
- Process payments and manage subscriptions.
- Improve our services, website, and app.
- Send important updates, promotions, or educational content (with your consent).
- Comply with legal obligations.

4. How We Protect Your Information

We implement strict security measures to protect your personal data from unauthorized access, loss, or misuse. However, no method of data transmission is 100% secure, so we encourage you to use strong passwords and safeguard your account.

5. Sharing Your Information

We do not sell or share your personal data with third parties except in these cases:

- With trusted partners who help us operate our services (e.g., payment processors, email providers).
- When required by law or to protect our rights and safety.
- If you opt in to specific third-party integrations (e.g., fitness tracking apps).

6. Your Privacy Rights

Depending on your location, you may have rights to:

- Access, update, or delete your personal data.
- Opt out of marketing emails (unsubscribe at any time).
- Restrict or object to certain types of data processing.

To exercise these rights, contact us at CoachTiffanyOwen.com.

7. Third-Party Links & Services

Our platform may link to third-party websites or apps. We are not responsible for their privacy practices, so please review their policies separately.

8. Updates to This Policy

We may update this policy from time to time. Any changes will be posted here, and significant updates may be communicated directly to you.

9. Contact Us

For any questions about this Privacy Policy, please contact us on our webpage at:
CoachTiffanyOwen.com