

# Privacy Policy & Data Protection Agreement

## Wellness Zen

This Privacy Policy describes how we collect, use, store, and protect your personal data in connection with the services offered by **Wellness Zen** (“we,” “us,” or “our”).

### 1. Information We Collect

We collect personal and sensitive information necessary to deliver tailored health, fitness, and nutrition services. This may include:

- Full name, contact information
- Date of birth, gender
- Medical history, dietary preferences, fitness background
- Goals, progress metrics
- Payment information (if applicable)

### 2. Purpose of Data Collection

We collect and process your data for the following purposes:

- Creating personalized diet and workout plans
- Tracking progress and providing adjustments
- Communicating with you regarding your plan

- Maintaining records for coaching effectiveness and legal compliance

### **3. Consent**

By engaging in our services, you provide consent for the collection, storage, and processing of your personal data as described in this policy.

You may withdraw your consent at any time by providing written notice. Withdrawal of consent may limit or terminate the services we can provide.

### **4. How We Store and Protect Your Data**

We take reasonable steps to ensure the security of your personal information, including:

- Secure storage (password-protected devices)
- Restricted access (only relevant team members)
- Regular backups and security monitoring

We retain your data only for as long as necessary to fulfill the purpose for which it was collected, or as required by law.

### **5. Data Sharing and Disclosure**

We do **not** sell or rent your personal data. We will not share your information with third parties without your explicit consent, unless:

- Required by law or legal process
- Necessary to protect life or safety
- Needed to defend against claims or enforce legal rights

## **6. Your Rights**

Under Indian data protection laws, you have the right to:

- Access your personal data
- Correct inaccurate or incomplete data
- Request deletion of data no longer necessary
- Withdraw consent at any time

To exercise your rights, please contact us at: **wellesszeservice@gmail.com**

## **7. Changes to This Policy**

We reserve the right to update this policy from time to time. You will be notified of significant changes via email or our website.

**Full Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

The following section is for employees only:

**Effective Date:**

**Name:**

**Signature:**

