

PRIVACY POLICY

Last updated: 07/19/2026

This Privacy Policy describes how TrackTrain Team ("we", "us", "our") collects, uses, stores, and shares information when you use the TrackTrain mobile application ("App", "Service"). By using the App, you agree to the collection and use of information in accordance with this Privacy Policy.

1. INFORMATION WE COLLECT

We collect the following categories of information:

Personal Information

You may voluntarily provide personal information, including but not limited to:

- Name or nickname
- Email address
- Age or date of birth
- Gender
- Height and weight
- Fitness goals
- Workout and training data, including exercises, sets, repetitions, weights, and performance metrics

Account Information

You may access the App using:

- Sign in with Apple
- Guest mode

Guest users' workout and activity data may also be stored and processed to provide the Service.

Technical Information

We automatically collect certain technical information, including:

- IP address
- Device type and model
- Operating system and version
- Application version
- System language
- Time zone

Usage and Analytics Data

We collect information about how you interact with the App, including:

- App usage events and interactions
- Screen views
- Session duration
- Error logs and crash reports
- Performance and diagnostic data
- Participation in experiments or A/B testing

2. HOW WE USE YOUR INFORMATION

We use the collected information to:

- Provide and operate the App
- Generate and personalize workout plans
- Track workouts and display analytics
- Improve and optimize the Service
- Monitor usage and diagnose technical issues
- Develop and enhance automated workout-generation features
- Communicate with users regarding support requests

3. AI AND AUTOMATED PROCESSING

The App uses a TrackTrain-operated automated workout-generation system to generate training plans and recommendations. This feature is operated on TrackTrain infrastructure.

To generate a workout, TrackTrain processes the workout name, target date, requested duration, and selected muscle groups. These parameters are used solely to generate the requested training content. The App does not send these parameters or personal account data to third-party AI services.

We do not use automated processing to make medical diagnoses or provide medical advice.

4. SHARING OF INFORMATION

We do not sell your personal data. We may share your information with:

- Analytics and performance monitoring providers
- Cloud infrastructure and hosting providers
- Legal or regulatory authorities, if required by law

All third parties process data only for purposes related to the operation of the Service and in accordance with applicable data protection laws.

5. DATA STORAGE AND LOCATION

Your data is stored on servers located in Poland (European Union).

We take reasonable technical and organizational measures to protect your data against unauthorized access, loss, or misuse.

6. DATA RETENTION

We retain personal data for as long as necessary to provide the Service.

After account deletion, user data may be retained for up to five (5) years for legal, security, analytics, or operational purposes, unless a longer retention period is required or permitted by law.

7. DATA DELETION AND USER RIGHTS

Registered users may request account deletion through the App or by contacting us at support@tracktrain.app.

Upon account deletion, personal data will be marked for deletion in accordance with this Privacy Policy.

Guest users do not have a dedicated account management interface. Data associated with guest usage may continue to be stored as described above.

You may contact us at any time to exercise your applicable data protection rights, including access, correction, or deletion requests, subject to legal limitations.

8. COOKIES AND TRACKING TECHNOLOGIES

The App does not use cookies.

We use technical identifiers and similar technologies necessary for the operation, analytics, and security of the Service.

9. CHILDREN'S PRIVACY

The App is not intended for use by individuals under the age of 16.

We do not knowingly collect personal data from children under 16. If you believe that a child has provided us with personal information, please contact us so that we can take appropriate action.

10. DATA SECURITY

We implement reasonable administrative, technical, and organizational measures to safeguard personal data. However, no method of transmission or storage is completely secure, and we cannot guarantee absolute security.

11. CHANGES TO THIS PRIVACY POLICY

We may update this Privacy Policy from time to time.

Any changes will become effective upon publication within the App or through our official channels. Continued use of the App after such changes constitutes acceptance of the updated Privacy Policy.

12. CONTACT INFORMATION

If you have any questions or concerns about this Privacy Policy or our data practices, please contact us at: support@tracktrain.app