

GRITTT

Privacy Policy

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Operator **Aditya Soni**

Contact team@grittt.life

CONTENTS

- | | |
|---------------------------------|----------------------------------|
| 01. Introduction | 10. Data Retention |
| 02. Who We Are | 11. Account Deletion |
| 03. Eligibility | 12. Your Rights |
| 04. Information We Collect | 13. Security |
| 05. How We Use Your Information | 14. Cookies & Tracking |
| 06. AI Features | 15. International Data Transfers |
| 07. Apple Health Integration | 16. Children's Privacy |
| 08. Third-Party Services | 17. Changes to this Policy |
| 09. Data Sharing | 18. Contact Us |

Introduction

Welcome to GRITTT.

Your privacy is important to us. This Privacy Policy explains what information we collect, how we use it, who we share it with, how we protect it, and the choices you have regarding your personal information.

GRITTT is designed to help you build better habits, improve your health, and understand your long-term progress through personalized insights and AI-powered features. To provide these features, we collect only the information necessary to operate the application and deliver the services you choose to use.

Our commitment

We are committed to handling your information responsibly. We do not sell your personal information, we do not use your information for advertising, and we do not share your information with data brokers.

Please read this Privacy Policy carefully before using GRITTT.

Who We Are

GRITTT is a habit tracking and personal growth application developed and operated by Aditya Soni.

The application helps users build discipline, improve their physical and mental well-being, track habits, monitor nutrition and workouts, connect with Apple Health (with permission), and receive AI-powered insights based on their activity.

For any questions regarding this Privacy Policy or your personal information, you can contact us at team@grittt.life.

Eligibility

GRITTT is intended only for individuals who are 18 years of age or older.

By creating an account and using GRITTT, you confirm that you are at least 18 years old.

We do not knowingly collect personal information from anyone under the age of 18. If we become aware that an account belongs to a person under 18, we will remove the account and associated personal information.

If you believe that someone under the age of 18 has created an account, please contact us at team@grittt.life.

Information We Collect

We only collect information that is necessary to provide the features of GRITTT or that you voluntarily choose to provide.

Depending on how you use the application, we may collect the following categories of information.

4.1 Account Information

When you create an account, we may collect:

- Full name
- Email address
- Encrypted password (if using email sign in)
- Apple Sign-In account identifier
- Google Sign-In account identifier

This information is used solely to create, secure, and manage your account.

4.2 Profile Information

To personalize your experience, you may choose to provide:

- Date of birth
- Height
- Weight
- Activity level
- Sleep schedule
- Personal goals
- Daily preferences
- Coaching preferences

Providing profile information is optional, although some features may not work as intended without it.

4.3 Habits and Progress

GRITTT is built around habit tracking. Information you create may include:

- Habits you are building
- Habits you are trying to quit
- Habit completion history
- Daily streaks
- Goals
- Challenges
- Progress history
- Personal notes related to habits

This information is used to calculate your progress, generate statistics, and provide personalized insights.

4.4 Nutrition Information

If you use nutrition features, we may collect:

- Food entries
- Meal information
- Calories
- Protein
- Carbohydrates
- Fat
- Nutrition goals
- Daily nutrition history

This information is used to calculate nutrition progress and provide personalized recommendations.

4.5 Workout Information

If you log workouts, we may collect:

- Exercise type

- Workout duration
- Distance
- Sets
- Repetitions
- Weight lifted
- Workout notes
- Workout history

This information is used to track your fitness progress and generate workout insights.

4.6 Apple Health Information

If you choose to connect Apple Health, GRITTT may access information that you explicitly authorize through Apple's Health permissions. Depending on your selections, this may include:

- Steps
- Active energy burned
- Heart rate
- Resting heart rate
- Heart rate variability (HRV)
- Sleep duration
- Body weight
- Walking or running distance
- Flights climbed
- Workout information
- Workout routes (when available)

Apple Health integration is completely optional. You may disconnect Apple Health at any time through the Health app or within GRITTT.

4.7 Photos

If you use the AI food analysis feature, you may choose to upload or capture photographs of your meals. These photographs are processed only to generate

nutrition estimates.

GRITTT does not permanently store meal photographs. Once processing is complete, the photographs are discarded.

4.8 AI-Generated Insights

Based on your activity within GRITTT, we may generate personalized AI insights, including:

- Habit analysis
- Progress summaries
- Motivation
- Future Mirror insights
- Coaching recommendations

These insights are generated to help you better understand your progress and build healthier habits.

How We Use Your Information

We use your information only to provide and improve the features of GRITTT. We collect only the information necessary to operate the application and deliver the services you choose to use.

Specifically, we use your information to:

- Create and manage your account.
- Authenticate your identity when you sign in.
- Track your habits, goals, workouts, nutrition, and progress.
- Generate statistics, streaks, achievements, and personalized insights.
- Personalize your experience based on your preferences and activity.
- Synchronize health information that you choose to share through Apple Health.
- Provide AI-powered features such as habit analysis, coaching, and personalized recommendations.
- Respond to support requests and resolve technical issues.
- Protect the security and integrity of the application.
- Comply with legal obligations where required.

We do not use your personal information for advertising, behavioral profiling, or marketing by third parties.

AI Features

GRITTT offers AI-powered features designed to provide personalized insights and recommendations based on your activity. These features may include:

- Habit analysis
- Progress summaries
- Personalized coaching
- Future Mirror insights
- Motivation and productivity suggestions

When you choose to use these features, only the information necessary to generate the requested response is shared with our AI service provider. This information may include:

- Your habits
- Habit completion history
- Goals
- Progress related to the feature you are using

We do not send your entire account history for every request. Only the information required for the selected AI feature is processed.

Meal photographs submitted for nutrition analysis are processed solely to estimate nutritional information. These photographs are not permanently stored by GRITTT and are discarded after processing.

Not professional advice

AI-generated content is intended for informational and motivational purposes only. It should not be considered medical, nutritional, psychological, or professional advice.

Apple Health Integration

GRITTT integrates with Apple Health to help you better understand your health and fitness progress.

Apple Health integration is entirely optional and is disabled by default.

If you choose to enable it, GRITTT will request permission through Apple's Health permission screen before accessing any data. Depending on the permissions you grant, GRITTT may access information such as:

- Steps
- Active energy burned
- Heart rate
- Resting heart rate
- Heart rate variability (HRV)
- Sleep duration
- Body weight
- Walking and running distance
- Flights climbed
- Workout information
- Workout routes

Apple Health data is used exclusively to provide health and fitness features within GRITTT, including progress tracking, personalized insights, and AI-powered recommendations.

We do not use Apple Health information for advertising, marketing, or profiling outside the features of the application.

You may revoke Apple Health access at any time through the Apple Health application or your device settings.

If you permanently delete your GRITTT account, any Apple Health data stored by GRITTT is permanently deleted from our systems.

Third-Party Services

To provide certain features, GRITTT works with a limited number of trusted third-party service providers. These providers only receive the information necessary to perform the services they provide on our behalf.

SERVICE	PURPOSE
OpenAI	Generates AI-powered insights, coaching, and habit analysis.
Apple	Provides Sign in with Apple authentication and Apple Health integration.
Google	Provides Sign in with Google authentication.
Cloudflare	Helps securely deliver network traffic and improve application reliability.

We carefully limit the information shared with these providers and do not authorize them to use your information for advertising or marketing purposes on our behalf.



Sharing Your Information

We do not sell, rent, or trade your personal information.

We only share your information in the following limited circumstances:

Service Providers

We share information with trusted service providers that help us operate GRITTT, such as our AI provider and infrastructure providers. These providers process information only for the purpose of delivering the services we request.

Authentication Providers

If you choose to sign in with Apple or Google, we receive basic account information such as your name and email address from those providers to authenticate your account.

We do not share your health data, habits, workouts, nutrition information, or AI-related data with Apple or Google.

Legal Requirements

We may disclose information if required to do so by law, regulation, legal process, or a valid governmental request.

Business Transfers

If GRITTT is involved in a merger, acquisition, financing, or sale of assets, your information may be transferred as part of that transaction. If this occurs, we will notify users before their information becomes subject to a different privacy policy.

What we never do

We do not:

- Sell your personal information.
- Share your information with advertisers.
- Share your information with data brokers.
- Use your information for cross-platform advertising.
- Track your activity across other applications or websites.

10

Data Retention

We retain your personal information only for as long as it is necessary to provide GRITTT and its features.

In general:

- Your account information is retained while your account remains active.
- Your habits, goals, nutrition logs, workout history, Apple Health data (if enabled), and progress history are retained while your account is active so that you can continue using the application without losing your history.
- AI-generated insights may be retained to improve your experience within the application and to allow you to revisit previous insights.
- Meal photographs uploaded for AI nutrition analysis are not stored by GRITTT. They are processed only to generate nutrition estimates and are discarded after processing.

If you choose to permanently delete your account, your personal information is permanently removed from our systems, except where we are legally required to retain certain information.

Account Deletion

You remain in control of your information at all times.

GRITTT provides the ability to permanently delete your account directly from within the application.

When you delete your account, we permanently remove your personal information from our systems, including:

- Account information
- Profile information
- Habits and habit history
- Goals and challenges
- Nutrition records
- Workout history
- Apple Health data stored by GRITTT
- AI-generated insights associated with your account
- Preferences and settings

This is permanent

Account deletion is permanent and cannot be undone.

If you simply stop using GRITTT without deleting your account, your information will remain associated with your account so that you can continue where you left off when you return.

Your Privacy Choices and Rights

We believe you should have meaningful control over your personal information.

Depending on your location and applicable laws, you may have certain privacy rights regarding the information we hold about you. These rights may include:

- Access the personal information associated with your account.
- Correct or update your personal information.
- Delete your account and associated personal information.
- Disconnect Apple Health at any time.
- Withdraw permissions you have granted through your device, such as Apple Health or Camera access.
- Contact us with questions or concerns regarding your privacy.

You can manage many of these settings directly within the application or through your device settings.

If you would like assistance exercising any of your privacy rights, please contact us at team@grittt.life.

Security

We take reasonable administrative, technical, and organizational measures to help protect your personal information from unauthorized access, disclosure, alteration, or destruction.

These measures include:

- Secure authentication for user accounts.
- Passwords stored using secure one-way hashing.
- Encryption of data while it is transmitted between your device and our servers.
- Access controls designed to limit access to personal information.
- Regular monitoring to help maintain the reliability and security of our services.

While we work hard to protect your information, no method of electronic storage or internet transmission is completely secure. For this reason, we cannot guarantee absolute security.

We encourage you to use a strong password, keep your account credentials confidential, and notify us immediately if you believe your account has been compromised.

Cookies and Tracking Technologies

GRITTT is a native mobile application and does not use cookies in the same way as traditional websites.

We do not use advertising technologies, third-party advertising SDKs, or cross-app tracking technologies.

We do not sell your personal information or track your activity across other applications or websites.

If you access our website, limited technical information may be collected as necessary to operate and secure the website. Such information is not used for advertising or behavioral profiling.

International Data Transfers

GRITTT is operated from India.

To provide certain features, we work with trusted service providers that may process information in countries other than your own. These transfers occur only when necessary to provide the services you request, such as AI-powered features or authentication services.

When personal information is processed by these providers, we take reasonable steps to ensure that appropriate safeguards are in place to protect your information in accordance with applicable privacy laws.

We do not sell or transfer your personal information to third parties for advertising or marketing purposes.

Children's Privacy

GRITTT is intended for individuals who are 18 years of age or older.

We do not knowingly collect personal information from anyone under the age of 18.

If we become aware that we have collected personal information from a person under the age of 18, we will take reasonable steps to delete that information as soon as practicable.

Parents or legal guardians who believe that a child has provided personal information to GRITTT may contact us at team@grittt.life, and we will investigate the request promptly.

Changes to This Privacy Policy

We may update this Privacy Policy from time to time to reflect changes to our services, legal obligations, or privacy practices.

When we make material changes, we will update the Last Updated date at the top of this Privacy Policy. Where appropriate, we may also notify users through the application or other reasonable means.

We encourage you to review this Privacy Policy periodically to stay informed about how we protect your information.

Contact Us

If you have any questions, concerns, or requests regarding this Privacy Policy or how we handle your personal information, please contact us:

GRITTT · Operator: Aditya Soni

team@grittt.life

We will make reasonable efforts to respond to your request as quickly as possible and in accordance with applicable laws.