

Data Privacy Policy Coached By G

We are committed to protecting the privacy of our clients. We take your privacy seriously and treat all the information you give us with great care. As a data controller we make every endeavour to comply fully with the Data Protection Act 1998, the Privacy and Electronic Communications (EC Directive) Regulations 2003 and other relevant legislation including the EU General Data Protection Regulation (GDPR).

We Promise

- To be clear about why we need to collect your personal information and what we are going to use it for.
- To make it easy for you to tell us how you would like us to keep in touch.
- To collect the information, we need to make sure we deliver the best service.
 - To never sell or share your personal information, or let other organisations use it for marketing.
- To take good care of your personal information, and make sure it is up to date, safe and secure at all times.
- To make sure that any suppliers or partners who carry out work on our behalf meet the same high standards that we adhere to when handling your personal information.

1. What kinds of information do we collect?

We collect information that is required to guide and monitor your body transformation. The information we collect can be grouped into two different categories; contact information and body anthropometric information. The former consists of the information required for us to identify, stay in touch with and update you. The latter is comprised of body statistics, pictures and related notes about mood, digestion and general wellbeing continuously updated by you - provided you are in a coaching subscription. Additionally we collect your payment details as well as information on website and mobile app usage.

2. How do we use this information?

We use your contact information to stay in touch with you. Body anthropometric information is used to design tailored meal and workout plans. As you go through your coaching cycle, you are able to continuously provide information accurately reflecting any changes or adaptations in your body. This information is then aggregated and used to make informed decisions about future coaching to best facilitate your improvement. This information provides vital statistics which we use to better understand the efficacy of different approaches to dieting and workouts. The information on website and mobile app usage is used to continuously improve the experience of our products.

3. How long is this information stored, and how is it kept safe?

Your personal information is stored only as long as is necessary to provide our services, or until you've requested your data to be deleted - whichever comes first. Hereafter, your data will either be deleted or anonymised. The timespan of this process is determined by factors such as the nature of the data, why it is collected and processed, and relevant legal or operational retention needs. Your credit card data is stored for 1 month after a terminated coaching subscription.

Our networks are regularly monitored to ensure they remain secure, virus free and free from data breach, and all computers are password protected. We also regularly review our measures to ensure they are as far as reasonably possible up to date and in line with latest developments, particularly when we are handling payment information.

Data that is transmitted via the internet or in email, cannot be 100% secure. We will take every reasonable precaution to keep your information safe but it cannot be guaranteed and so please be aware that any information you do transmit to us is at your own risk. Once we have received your information we

will use our best efforts to ensure its safety within our network. If we dispose of your information it will always be done securely.

4. How is this information shared?

We will never sell your personal information, or let other organisations use it for their own purposes. We will only share your personal information where: We are legally required to, or as a result of a lawful request by a government or law enforcement authority. Any data used by a contractor will be used only to the extent required by them to perform the services that GHPT requests. Any use for other purposes is strictly prohibited. Any Data that is processed by third parties must be processed within the terms of this Policy and in accordance with the Data Protection Act 1998 and GDPR.

Your contact information is available to us and any connected sales personnel that aid with the sales process. We provide information and content to service providers, Such as Coachr and square payments, who support our business by providing technical infrastructure services, analysing product performance, providing technical assistance and facilitating payments.

5. What is our legal basis for processing data?

We store and process personal data in order to provide a tailored and effective product to you. All processing is legally based on one of the following criteria:

- To personalise your product, keep track of progress, send financial information and more.
- To fulfill our legal obligations for financial traceability in regards to accounting and bookkeeping.
- To do statistics in order to determine the effectiveness of our products, in which we have legitimate interest in improving.

6. What are my rights?

- To gain insight into exactly which personal information we store on you.
- To adjust inaccurately stored personal information.
- To ask for limited usage of personal information.
- To ask for personal information to be deleted once it is no longer required.
- To be sent all of your personal information should you desire.

7. How can you exercise your rights provided under the GDPR?

Send an email to georgiehowes5@gmail.com

If you need help or have any questions about this policy and your rights regarding the processing of your personal information please contact: Senior Information Rights Officer English Heritage Engine House Fire Fly Avenue Swindon SN2 2EH For broader advice and guidance please contact the data protection regulator: The Information Commissioner Wycliffe House Water Lane Wilmslow Cheshire SK9 5AF
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