Gymmy Privacy Policy

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Gymmy is a workout tracker for iPhone and Apple Watch. You sign in with Apple, and your training data is kept on your own devices and in your own private iCloud. Gymmy has no server or account database of its own. This policy explains what Gymmy does and does not do with information.

The short version

- You sign in with Apple. Gymmy receives only an anonymous identifier from Apple: no name, no email address.
- Your workouts, routines, custom exercises, exercise notes and settings are stored on your iPhone (with a working copy on your Apple Watch) and in your private iCloud, so they come back on any of your devices. Apple stores this data in your iCloud account; we (the developer) cannot read it.
- The free version shows ads from Google AdMob. Personalised ads only with your permission; Gymmy Pro removes all ads. Gymmy has no analytics of its own.
- Your Health and workout data are never shared with advertisers or ad networks.
- Apple Health data and your body weight are never stored in iCloud.
- Information reaches us only if you choose to send a support request.
- Gymmy Pro purchases are handled entirely by Apple. We never receive your payment details.

Your account (Sign in with Apple)

Gymmy requires you to sign in with Apple before you can use it, so that your data belongs to your account and can be restored on your devices. Gymmy does not ask Apple for your name or email address. Apple gives Gymmy a random identifier that is unique to you and to Gymmy; it is kept in the iPhone’s Keychain and is only used on your devices to recognise your account. It is never sent to us. Data on an iPhone is never mixed between two Apple Accounts: if someone else signs in on the same iPhone, the previous account’s data is removed from that iPhone first (it stays in that person’s iCloud), and only after they confirm.

Information stored on your device

Gymmy stores the following on your iPhone (and a working copy of your routines and the current workout on your paired Apple Watch): workouts and sets you log, routines, custom exercises and any photo you attach to one, notes you add to exercises, favorites, recently used exercises, your body weight if you enter it, and your settings. This data is also part of your normal iPhone backup (iCloud or computer) unless you exclude Gymmy from backups.

Information stored in your iCloud

While you are signed in, Gymmy keeps a copy of your finished workouts, routines, custom exercises, exercise notes, favorites, recently used exercises and settings in the private database of your iCloud account (Apple's CloudKit service), so they sync between your devices and are restored when you sign in on a new one. This data is handled by Apple under Apple's own privacy policy, counts toward your iCloud storage, and is accessible only to you through your Apple Account; the developer cannot see or access it. A workout that is still in progress is only synced after you finish it. Some things are never stored in iCloud and stay only on the device where they were recorded: data from Apple Health or measured by your Apple Watch (heart rate, active energy, steps, distance, exercise minutes), links to workouts saved in Apple Health, your body weight, and photos of custom exercises. If iCloud is off, full or unavailable, Gymmy keeps working with the copy on your iPhone and syncs later.

Signing out and deleting your account

- Sign out (Settings > Account) removes Gymmy's copy of your data from that iPhone. Your data stays in your iCloud and comes back when you sign in again.
- Delete account and my data (Settings > Account) deletes all of your Gymmy data from your iCloud, then the copy on that iPhone, and signs you out. Other devices then no longer receive it. Workouts already saved to Apple Health stay in Apple Health, and backup files you exported yourself are not touched. This cannot be undone.
- Erase all data (Settings > Your data) deletes your workouts, routines, custom exercises, exercise notes and settings on this iPhone and in your iCloud, so on all your devices, but keeps you signed in.
- To stop using your Apple Account with Gymmy entirely, open the Settings app > your name > Sign-In & Security > Sign in with Apple > Gymmy.

Apple Health and Apple Watch

Health access is optional. If you allow it, Gymmy can:

- read heart rate and active energy from a workout you start, and your most recent body weight if you ask it to;
- read the active energy that Apple Health recorded during your Gymmy workouts (for example by your Apple Watch, the Fitness app or another app or device) to show those workouts' calories (Gymmy Pro, Settings > Apple Watch & Health > Calories from Apple Health);
- read your daily totals of steps, walking and running distance, active energy and exercise minutes, as Apple Health shows them, to fill your daily rings, the Home tiles, the History calendar and the activity awards (Gymmy Pro); Gymmy keeps them up to date while it is open and, with Apple Health's background delivery, about once an hour in the background;
- save workouts, active energy and distance to Apple Health when the Apple Watch tracks a workout, and save your other finished workouts with their duration and estimated active energy, so they count in the Fitness app and your Apple Watch rings (on by default; you can turn it off in Settings > Apple Watch & Health > Save finished workouts to Apple Health).

Data read from Apple Health is read and used only on your iPhone, to show calories in the

workout summary, history, daily rings, tiles and awards. Daily totals are kept in a file on your iPhone so the calendar can show past days; that file is excluded from iCloud device backups. Health data is never uploaded, never stored in iCloud and not included in backups you export. If you turn Calories from Apple Health off, Gymmy removes the values it read and shows its own estimate again; signing out removes the daily totals from Gymmy (Apple Health keeps them).

Health data is handled by Apple Health on your devices. Gymmy does not store Health data in iCloud, does not send it to us or to anyone else, does not use it for advertising or marketing, and does not sell it. You can change or revoke access at any time in Settings > Health > Data Access & Devices > Gymmy. Calorie numbers in Gymmy are estimates, not medical measurements, and Gymmy does not provide medical advice.

Your iPhone and Apple Watch exchange workout data directly with each other using Apple's on-device connectivity. The Apple Watch does not use iCloud for Gymmy; it gets its data from your iPhone.

Location

If you record outdoor cardio, Gymmy can use your location while the app is in use to estimate distance. Location points are not stored as a route and are not sent anywhere; only the total distance is saved with the workout (and synced with it).

Photos

If you add a picture to a custom exercise, Gymmy copies the photo you pick into its own storage on your device. It is not uploaded. If you choose a profile photo for your account in Settings, Gymmy keeps a small copy of it only on this iPhone: it is not uploaded, not stored in iCloud and not included in device backups, and it is removed when you remove it, erase your data, sign out or delete your account.

Notifications, Live Activities, widgets and alarms

Rest-timer notifications, Live Activities, Lock Screen and Home Screen widgets and optional rest alarms are created and shown on your device. They display only things like the exercise name, set, weight and timer.

Gymmy Pro (subscriptions and purchases)

Gymmy is free to use. The optional Gymmy Pro (a monthly or yearly auto-renewing subscription, or a one-time lifetime purchase) unlocks unlimited routines and custom exercises (the free plan includes 3 of each), Apple Watch workout tracking through Apple Health (heart rate, calories and Health workouts) and calories from Apple Health, the muscle coverage figure on the workout summary and in the Home tab, and the exercise trend charts. Logging, the rest timer, history, records, the exercise library, iCloud sync and backups stay free, and nothing you created is ever deleted or locked if Pro ends.

Purchases, free trials, renewals, cancellations and refunds are handled by Apple through the App Store with your Apple Account, under Apple's terms and privacy policy. We (the developer)

never receive your name, email address, payment card or billing details. Gymmy only receives from Apple, on your device, a signed confirmation of which Gymmy Pro product your Apple Account owns and until when; it uses this only to unlock Pro, keeps the last confirmation on your device so Pro also works offline, and tells your paired Apple Watch whether Pro is active. It is not sent to us. You can manage or cancel a subscription in Settings > Gymmy Pro > Manage subscription or in your Apple Account settings.

Advertising

The free version of Gymmy on iPhone shows banner ads on a few calm screens (History, Exercises, Routines, the Home tab and the summary right after a workout). There are never ads during a workout or the rest timer, on the Apple Watch, in widgets or Live Activities, in Settings, Support or this policy, or before you have finished setting up the app. Gymmy Pro removes all ads, immediately after you buy or restore it.

The ads are provided by Google AdMob, using the Google Mobile Ads SDK and Google's User Messaging Platform (consent) SDK inside the app. To show ads, limit how often you see them, prevent fraud and measure ads, Google and its advertising partners may collect from your device: device identifiers (the advertising identifier, only if you allow tracking, and app-specific identifiers), your IP address (which can be used to estimate your general location), ads you have seen and how you interact with them, app performance and crash information, and basic device and app information. Google processes this data under its own policies: https://policies.google.com/technologies/partner-sites

- Personalised ads only with your permission. Gymmy asks iOS for permission to track (App Tracking Transparency) before personalised ads can be used. If you choose Ask App Not to Track, Gymmy requests non-personalised ads only.
- In the EEA, the UK and Switzerland, Google's consent message is shown first, and ads are personalised only if you agree there.
- We (the developer) do not receive this data. We only see totals in our AdMob account (for example how many ads were shown), not information about you.
- Gymmy never sends your workouts, routines, body weight, Apple Health data or your Sign in with Apple identifier to Google or any other ad provider, and never uses them to choose ads. Ads are limited to content suitable for general audiences.
- Your choices: change tracking at any time in iOS Settings > Privacy & Security > Tracking (or Settings > Gymmy). Where a consent message applies, reopen it in Gymmy under Settings > About > Privacy options (ads). Manage Google ad personalisation at https://adssettings.google.com. Or get Gymmy Pro to remove ads altogether.

Support requests

Settings > Support lets you send us a message. When you tap Submit we receive: the problem type you chose, the details you wrote, the email or other contact you entered, and, if you leave the option on, the app version, iOS version and device model. We use this only to read and answer your request and to fix problems. The request is delivered through a form-delivery

service that passes it to us by email, so that service handles it on its way. We do not sell it or use it for advertising, and we keep it only as long as needed to help you and to fix the problem. Please do not put sensitive information in a support request. If you would rather not send anything, you can simply not use this form. Support requests are not connected to your Gymmy account.

Backups

Backups you export are created on your device and go only where you send them (for example Files, Mail or AirDrop). Backups do not contain Health samples, active energy or daily totals read from Apple Health, or GPS routes.

Children

Gymmy is not directed to children under 13. We do not knowingly collect personal information from anyone, and the ads in the free version are not targeted at children (ads are limited to content suitable for general audiences).

Your choices

You can use Gymmy without Health, Location, Photos, notifications or tracking permission, and with iCloud turned off (your data then stays on the iPhone until iCloud is available). You can turn each off in iOS Settings, export or erase your data in Gymmy's settings, sign out, delete your account, and delete the app at any time. To ask about a support request you sent, contact us again through Settings > Support.

Changes to this policy

If this policy changes, the updated version and its effective date will appear in the app under Settings > About > Privacy policy.

Contact

Use Settings > Support in the app.