

Progress App Privacy Policy

At Progress we take data privacy seriously. We recognize the importance of protecting your personal information and are committed to processing it responsibly and in compliance with applicable data protection laws.

This Privacy Policy explains who we are, how we collect, share and use Personal Information, and how you can exercise your privacy rights. It applies to your use of the Progress app, website and emailing at Progress on all platforms. By using the Progress app, you agree to the collection and use of information in accordance with this policy.

About Us

Progress is a weight, measurements and photo tracking app developed and owned by Lasmit TLB Ltd, headquartered in the UK. Lasmit TLB Ltd is the data controller for the processing of your data.

When you download and use the app or sign up to our mailing list you agree that we may use and process your information in accordance with the following terms:

Data that is stored on your device and not available to anyone but you

The following data is stored on device and is only available to you:

- Measurements

- Photos
- Target
- Your name
- Logs about what is happening in the app

Because this data is not stored on any server we strongly recommend you enable iCloud backups in case you lose access to your device.

You can read about security and privacy on iCloud here:

<https://support.apple.com/en-us/HT202303>

Apple Health

Progress integrates with Apple Health for three purposes:

- To share data with Apple Health. You can see which data is shared by looking in Health app > Sources > Progress and the Write Data section
- To read data from Apple Health to store within Progress. The following data is copied from Health for use within Progress to save you entering it again:
 - Body Fat Percentage
 - Waist Circumference
 - Weight
 - Lean Body Mass
 - Body Mass Index

- In addition to the data mentioned above, the following data is read from Health on demand to show on graphs. It is not stored by the app:
 - Active Energy
 - Dietary Energy
 - Dietary Sugar
 - Steps
 - Total Fat

You can grant or deny permission for Progress to your Health Data in Health app > Sources > Progress

Data that is sent when you explicitly contact us

When you contact us from within the app the following logging data is also sent. We use the information below to diagnose issues and to try to help you:

- What screens you visit and the order you visited them (none of your measurement data is available for us)
- Any errors that occurred
- Whether you are a pro customer
- Your name and email
- Your 'receipt' for the initial download and the purchase of any upgrade. No credit card or personal information is included and Apple does not share this information with developers

Analytics that is collected anonymously

We collect the following anonymous usage data to help us make decisions about the development of the app and future updates:

- What screens you visit
- What features you use most
- Anonymous data, such as what country you are in
- What promotions work best
- Some anonymous metadata, for example your gender and what measurements you track
- How long you use the app for, and how often

This data is stored by Google Firebase.

Anonymous data that is submitted when the app crashes

In the rare event that the app crashes the following data is sent to help recreate problems and fix crashes:

- Details of the crash (stack trace)
- What screens you visit and the order you visited them (no measurement data is sent)
- Whether you are pro customer
- Some anonymous metadata, for example your gender and what measurements you track

This data is stored in Google Firebase.

Data that is submitted when you join the newsletter

You can opt into a mailing list within the app, and when we run occasional surveys. The data collected is:

- Your first name
- Your email address
- Analytics about whether you open the emails and click on links
- The country you are in

Beyond sending the free Measurement Guide, this data is not currently being used. In future it will be used to send helpful updates, information and marketing to help motivate and inform your weight loss journey.

You can change your mind at any time by clicking the unsubscribe link to remove you from the newsletter, or by contacting us at help@lewismakesapps.com.

This data is stored by ConvertKit and is not tied or connected to any of the other data we collect.

TheProgressApp.com Website

There is a separate privacy policy for the website which you can read here:

<http://theprogressapp.com/blog/website-privacy-policy/>

Anonymous usage data collected on the website is not correlated to anonymous usage data collected within the app.

Data that is held if you join the Beta

Occasionally, we invite users to use the beta builds of the app. If you'd like to join the beta please email us at help@lewismakesapps.com.

- Your first name (optional)
- Your last name (optional)
- Your email address

This data is stored in Apple's TestFlight program and is not tied to any of the other data collected.

Links To Other Sites

Progress may contain links to other sites that are not operated by us. If you click on a third party link, you will be directed to that third party's site. We strongly advise you to review the Privacy Policy of every site you visit.

We have no control over and assume no responsibility for the content, privacy policies or practices of any third party sites or services.

Changes To This Privacy Policy

We may update our Privacy Policy from time to time. We will notify you of any changes by posting the new Privacy Policy on this page.

You are advised to review this Privacy Policy periodically for any changes. Changes to this Privacy Policy are effective when they are posted on this page.

Questions about this policy and your data

Please email us at help@lewismakesapps.com if you'd like to see the data we hold on you or to ask further questions about this policy.