

Privacy Policy

This Privacy and Cookies Policy (“Privacy Policy”) applies to Fasting and to all of the features, mobile applications, emails, online services and other functionalities available via or related to Fasting, whether accessed via a computer, mobile device, or otherwise (collectively, the “Features”). This Privacy Policy may also apply to future websites, mobile apps, and interactive services operated by Performance Spark Media FZ-LLC (the “Company”), whether or not associated with the Fasting brand. We are committed to protecting your privacy online for the purposes of the EU General Data Privacy Regulation (GDPR). We appreciate that you do not want your personal information distributed indiscriminately and here we explain how we collect information, what we do with it and what controls you have. By using the Features, you consent to the collection and use of information in accordance with this Privacy Policy. We reserve the right to change this Privacy Policy from time to time.

We may collect and process the following information about you:

- information (such as your name, profile picture, email address and postal address) that you provide by registering as a member or user of the Features or otherwise completing a user profile or other forms;
- information you upload or submit in relation to any programs that we offer (collectively, “Programs”);
- communications you send to us, for example to report a problem or to submit queries, concerns or comments regarding the Features; or
- information from surveys that we may present on the Features for research purposes, if you choose to respond to, or participate in, them.

You are under no obligation to provide any such information. However, if you should choose to withhold requested information, we may not be able to provide you with any services available on or through the Features (the “Services”). We may, by means of cookies and/or other similar technologies, automatically collect additional information about you – such as the type of internet browser or mobile device you use, any website from which you have come to Fasting, your IP address (the unique address which identifies your computer or mobile device on the internet) and/or the operating system of your computer or mobile device. See Cookies and other technologies for more information.

Cookies and other technologies

When you interact with the Features, we try to make that experience simple and meaningful. When you visit the Features, a web server sends a cookie or other similar technology to your computer or mobile device (as the case may be). Cookies are small pieces of information which are issued to your computer or mobile device when you visit a website or access or use a mobile application and which store and sometimes track information. Some cookies we use may last only for the duration of your web or application session and expire when you close your browser or exit our mobile applications. Other cookies are used to remember you when you return to the Features and will last for longer. The cookies and/or other similar technologies we use collect a variety of relevant information, such as the type of internet browser or mobile device you use, any website from which you have come to the Features, your IP address and/or the operating system of your computer or mobile device. We use cookies and/or other similar technologies, such as tracking GIFs, web beacons, pixel codes, either alone or in combination with each other to create a unique ID and to:

- remember that you have visited us before. This means we can identify the number of unique visitors we receive. This allows us to make sure we have enough capacity for the number of users that we get;
- customize elements of the layout and/or content of the pages of the Features;
- collect anonymous statistical information about how you have discovered and used the Features, so that we can improve the Features and learn which parts are most popular with users

Some of the cookies are set by us, and some are set by third parties who are delivering services or operating features on our behalf. Most web and mobile device browsers automatically accept cookies but, if you prefer, you can change your browser to prevent that or to notify you each time a cookie is set. You can also learn more about cookies by visiting www.allaboutcookies.org which includes additional useful information on cookies and how to block cookies using different types of browser or mobile device. Please note, however, that by blocking or deleting cookies used by the Features, you may not be able to take full advantage of the Features. We use your personal information which we collect to:

- enable us to provide you with the Services and information offered through the Features and which you request;
- administer your account with us;
- audit the downloading of the Features, as well as data from the Features;
- improve the layout and/or content of the pages of the Features and customize them for users;
- identify visitors;
- carry out research on our users' demographics and behavior

Information sharing

We may disclose aggregate statistics about our users in order to describe our business and Services to prospective partners, and other reputable third parties and for other lawful purposes, but these statistics will include no personally identifiable information. We may disclose your personal information to any of our affiliates, or to our agents or contractors who assist us in providing the Services we offer through the Features. Our agents and contractors will only use your information to the extent necessary to perform their functions. In the event that we undergo re-organization or are sold to a third party, you agree that any personal information we hold about you may be transferred to that re-organized entity or third party. We may disclose your personal information if required to do so by law or if we believe that such action is necessary to prevent fraud or cybercrime or to protect the Features or the rights, property or personal safety of any person.

Child safety

Protecting the safety of children when they use the Internet is important to us. The Features are intended for use only by persons who are at least 18 years of age.

External links

Our Features may, from time to time, contain links to external sites. We are not responsible for the privacy policies or the content of such sites.

Security

We place great importance on the security of all personal information associated with our users. We have security measures in place to attempt to protect against the loss, misuse and alteration of personal information under our control. For example, our security and privacy policies are periodically reviewed and enhanced as necessary and only authorized personnel have access to personal information. Whilst we cannot ensure or guarantee that loss, misuse or alteration of information will never occur, we attempt to use all reasonable efforts to prevent it. You

should bear in mind that submission of information over the internet is never entirely secure. We cannot guarantee the security of information you submit via the Features whilst it is in transit over the internet and any such submission is at your own risk. It is advisable to close your browser when you have finished your user session to help ensure others do not access your personal information if you use a shared computer or a computer in a public place.

Storage of your information

Information that you submit via the Features is sent to and stored on secure servers located in the EEA and maybe transferred by us to third parties, who may be situated in the United States of America or elsewhere outside the EEA and may be processed by staff operating outside the EEA (see Information sharing). The US and other non-EEA countries do not have similar data protection laws to the EEA, and you should be aware in particular that the law and practice in the United States in respect of law enforcement authority access to data is significantly different from Europe. Where we transfer your information, we will take all reasonable steps to ensure that your privacy rights continue to be protected consistent with our obligations under local law. By submitting information via the website, you agree to this storing, processing and/or transfer.

Your rights

You have a legal right under the EU General Data Privacy Regulation (GDPR) to a copy of all the personal information about you held by us. On request, we will provide you with a copy of this information. You also have a right to correct any errors in that information. You also have the right to delete that information, but in that case, we may necessarily have to close your account and your participation in any of our Programs, as we would be unable to continue to offer you our Services.

Contact us

If you have any questions or concerns regarding these Terms or your use of any Fasting Features or our Services, please contact us via email to fasting@performance-spark.com.