



Data Protection and Privacy Policy

1. Introduction

TransformU Online Coaching Limited ("the Company") is committed to protecting and respecting your privacy. This policy sets out the basis on which any personal data we collect from you, or that you provide to us, will be processed by us. Please read the following carefully to understand our views and practices regarding your personal data and how we will treat it.

2. Data Collected

The Company collects and processes various types of personal data for the purpose of providing effective online coaching services. The data we collect may include, but is not limited to, the following:

- Full name
- Contact number
- Email address
- Sex
- Height
- Weight
- Gym Membership
- Routine
- Photos of clients

3. Data Processing Purposes

The personal data collected by the Company will be used for the following purposes:

- Providing online coaching services to clients.
- Personalizing coaching plans and recommendations.
- Communicating with clients regarding their progress, updates, and coaching-related matters.
- Monitoring and analysing the effectiveness of coaching plans.
- Sending promotional and informational materials related to health, fitness, and coaching services, if clients have provided explicit consent to receive such communications.

4. Data Storage and Security

The Company takes appropriate technical and organisational measures to ensure the security and integrity of the personal data we process. All personal data is stored securely on servers with restricted access and strong encryption. We employ security protocols to prevent unauthorized access, disclosure, alteration, or destruction of data.

5. Data Sharing

The Company may share limited personal data with third-party service providers who assist us in providing our online coaching services. These service providers are carefully selected and obligated to adhere to data protection regulations. We will not sell, rent, or trade your personal data to any third parties for marketing purposes without your explicit consent.

6. Data Retention

Personal data will be retained only for as long as it is necessary to fulfil the purposes for which it was collected, including any legal or regulatory requirements. Once the data is no longer necessary, it will be securely deleted or anonymized.

7. Your Rights

You have the right to:

- Access the personal data we hold about you.
- Correct any inaccuracies in your personal data.
- Withdraw your consent for specific data processing activities.
- Request the deletion of your personal data, subject to legal obligations.
- Object to the processing of your personal data.
- Lodge a complaint with the relevant data protection authority.

8. Consent

By providing your personal data to the Company, you consent to the processing of your data as described in this policy.

9. Contact Information

If you have any questions, concerns, or requests related to your personal data or this privacy policy, please contact our Data Protection Officer.

10. Changes to this Policy

The Company reserves the right to update or amend this privacy policy from time to time. Any changes will be posted on our website, and the revised policy will apply to the use of your personal data.

By using our services, you acknowledge that you have read and understood this Data Protection and Privacy Policy and consent to the practices described herein.