

Terms of Use

Effective date: 25.05.2025

Welcome to MyFastingTracker! These Terms of Use govern your use of our mobile application ("App") developed and operated by Enes Erden.

By accessing or using the App, you agree to be bound by these terms. If you do not agree, please do not use the App.

1. Use of the App

You may use the App only for personal, non-commercial purposes. You must not use the App for any illegal, harmful, or abusive activity.

2. Health Disclaimer

The App provides AI-generated intermittent fasting plans for informational purposes only. It does not constitute medical advice. Always consult with a qualified healthcare provider before starting any fasting or weight-loss program.

3. User Content & Accuracy

You are responsible for the accuracy of the information you provide, including age, weight, and health goals. The AI plans generated are based solely on the input you provide.

4. Premium Features

Some features of the App require a paid subscription. Subscriptions are managed via the App Store

and are subject to their billing terms. Free trials may be offered at our discretion.

5. Termination

We reserve the right to suspend or terminate your access to the App at any time, without notice, for violation of these Terms.

6. Limitation of Liability

The App is provided "as is." We do not guarantee that it will be error-free or suitable for your needs. We are not liable for any health issues or data loss resulting from App usage.

7. Changes

We may update these Terms of Use at any time. Continued use of the App after changes means you accept the updated terms.

8. Contact

For questions or legal concerns, contact us at ****admin@eneserden.com****

Privacy Policy

Effective date: 25.05.2025

MyFastingTracker ("we", "us", or "our") respects your privacy. This Privacy Policy describes how we collect, use, and protect your information when you use our mobile application ("App").

1. Information We Collect

We collect the following data:

- Personal data you provide (age, gender, height, weight, fasting goal)
- Usage data (fasting sessions, water intake, AI-generated plans)
- Anonymous authentication ID (via Supabase)

We do ****not**** collect or store any health data regulated by HIPAA.

2. How We Use Your Information

We use your data to:

- Generate personalized fasting plans
- Help track progress and deliver insights
- Provide basic analytics for app improvement

We do not sell or share your data with third parties.

3. Data Storage & Security

Your data is securely stored using Supabase, a GDPR-compliant service. Authentication is

anonymous by default, unless you choose to sign in with a provider.

4. AI Integration

Our AI meal and fasting plans are generated using OpenAI. No personally identifiable information is shared with OpenAI services-only anonymized plan prompts.

5. Your Rights

You can request to view, update, or delete your data by contacting us at the email below.

6. Children

The App is not intended for users under the age of 13. We do not knowingly collect data from children.

7. Updates to This Policy

We may update this Privacy Policy. We'll notify users by updating the effective date and optionally via in-app notice.

8. Contact

For any privacy-related questions, contact us at:

****admin@eneserden.com****