**Privacy Policy**

*Last updated: 23-09-2024*

We are committed to protecting and respecting your privacy. This Privacy Policy explains how we collect, use, and disclose your data when you use our application, particularly activity data provided by Garmin.

**1. Data Collection**

We collect and use the following types of data from Garmin:

* **Heart Rate Data**: Used to provide personalized insights and recommendations.
* **Activity Data (e.g., Steps, Calories, etc.)**: Used to monitor and track your physical activity for health analysis.

**2. Purpose of Data Use**

The data collected from Garmin will be used solely for the following purposes:

* To provide real-time insights and health metrics.
* To track and analyze your physical activities.
* To improve the overall functionality and user experience of the application.

We do not use the data for any marketing purposes unless you provide explicit consent.

**3. Data Sharing**

We do not sell or share your data with any third parties unless:

* It is required by law.
* You provide explicit consent for data sharing.

**4. Data Security**

We are committed to ensuring that your data is secure. To prevent unauthorized access or disclosure, we have put in place suitable physical, electronic, and managerial procedures to safeguard the data we collect.

**5. Retention of Data**

We will retain your activity data for as long as you are using the application or as required by law. If you decide to stop using the application, your data will be deleted upon request.

**6. Your Rights**

You have the following rights regarding your data:

* **Access**: You can request a copy of the data we collect.
* **Correction**: You can request corrections to inaccurate data.
* **Deletion**: You can request the deletion of your data.

If you would like to exercise any of these rights, please contact us at 2308048021@webmail.uad.ac.id

**7. Updates to This Policy**

We may update this Privacy Policy from time to time. When we do, we will notify you through the app or via email.

**8. Contact Us**

If you have any questions about this Privacy Policy or our data practices, please contact us at:

* **Email**: 2308048021@webmail.uad.ac.id
* **Address**: 59RQ+HVP, Prof.DR. Soepomo Sh. Street, Warungboto, Umbulharjo District, Yogyakarta City, Special Region of Yogyakarta