

Push Beyond Consent and AI Policy

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Version: 1.0

Effective Date: December 1, 2025

Part A: Consent Policy

1. Introduction

Push Beyond is committed to giving you control over your personal data. This Consent Policy explains the different types of consent we request, what each consent enables, and how you can manage your preferences.

Contact Information:

- Email: privacy@push-beyond.com
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2. Types of Consent

Push Beyond uses a granular consent system that allows you to choose exactly which data processing activities you permit. Below are the consent types we request:

2.1 Functional Consent (Recommended)

What it enables:

- Core app functionality
- Saving your preferences and settings
- Remembering your workout history
- Maintaining your session

What happens if declined:

- Some features may not work as expected
- You may need to re-enter settings each session
- Reduced app personalization

Default: Enabled (recommended for app functionality)

2.2 Analytics Consent (Optional)

What it enables:

- Anonymous usage analytics
- Crash and error reporting
- Performance monitoring
- Feature usage insights

What we collect:

- App usage patterns (which features you use)
- Session duration and frequency
- Crash reports and error logs
- Device type and OS version

What we DO NOT collect:

- Personal workout details
- Your specific exercise data
- Personally identifiable information in analytics

What happens if declined:

- We cannot collect anonymous usage data
 - May reduce our ability to identify and fix bugs
 - No impact on core app functionality
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2.3 Marketing Consent (Optional)

What it enables:

- Personalized in-app recommendations
- Marketing emails about new features
- Promotional notifications

What we collect:

- Marketing interaction data
- Email engagement metrics

What happens if declined:

- No marketing emails
- No promotional push notifications

- No impact on core app functionality
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2.4 Health Data Consent (Required for Fitness Features)

GDPR Article 9 - Special Category Data

Health and fitness data requires your explicit, informed consent under GDPR Article 9 as it constitutes “special category” personal data.

What it enables:

- Recording your workout data (exercises, sets, reps, weights)
- Tracking your activities (runs, cycling, swimming)
- Monitoring your personal records
- Viewing your fitness progress

What we collect:

- Workout logs and exercise data
- Activity records (distance, duration, pace)
- Personal records and achievements
- Training progress over time

What happens if declined:

- You cannot use fitness tracking features
- You can still use social features
- Your account remains active

Important:

- You can withdraw this consent at any time
 - Withdrawing consent does not delete your account
 - Previously collected data can be deleted via Settings > Privacy
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2.5 External Integrations Consent (Optional)

What it enables:

- Connecting third-party services (Strava)
- Importing activities from external platforms
- Syncing workout data automatically

What we collect (from Strava when connected):

- Activity data (runs, rides, swims)
- GPS routes and maps
- Heart rate and performance metrics
- Athlete profile information

International Data Transfer Notice: Strava is a US-based service. When you connect Strava:

- Data is transferred from Strava's US servers to our EU servers
- Transfer is protected by Standard Contractual Clauses (SCCs)
- You can disconnect Strava and delete imported data at any time

What happens if declined:

- You cannot connect Strava or other external services
- You can still manually track workouts in the app
- No impact on core app functionality

3. How to Manage Consent

3.1 Initial Consent

When you first use Push Beyond, you will see a consent screen where you can choose which data processing activities to allow.

3.2 Changing Consent

You can change your consent preferences at any time:

1. Open Push Beyond
2. Go to **Settings**
3. Tap **Privacy**
4. Tap **Manage Consent**
5. Toggle individual consent options
6. Save your changes

3.3 Consent Records

We maintain records of your consent including:

- When consent was given or withdrawn
- Which consents were accepted/declined
- Consent version number

This is required under GDPR Article 7(1) to demonstrate valid consent.

4. Users Under 16 (GDPR Article 8)

Push Beyond is only available to people aged 16 and older, so we do not run a parental consent process.

- During registration, you confirm that you are 16 or older
- We do not ask for or store your date of birth
- If we learn that an account belongs to someone under 16, we delete the account and its data promptly

If you are a parent or guardian and believe your child under 16 has created an account, contact us at privacy@push-beyond.com and we will remove it.

5. Withdrawing Consent

You have the right to withdraw consent at any time. Withdrawal:

- Is free and easy via Settings > Privacy > Manage Consent
- Takes effect immediately
- Does not affect the lawfulness of processing before withdrawal
- May result in reduced functionality for certain features

To withdraw all consent and delete your data:

1. Go to Settings > Privacy > Delete My Account
 2. This permanently deletes all your data
 3. This action cannot be undone
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Part B: AI Policy

6. AI Features Overview

Push Beyond offers optional AI-powered features to enhance your fitness journey:

AI Training Insights:

- Personalized workout recommendations
 - Progress analysis and suggestions
 - Recovery and rest day recommendations
 - Training pattern analysis
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7. How AI Works in Push Beyond

7.1 Data Processing

When you use AI features:

1. Your workout data is summarized
2. Summaries are **anonymized** (no personal identifiers)
3. Anonymized data is sent to our AI provider (OpenAI)
4. AI generates insights based on patterns
5. Insights are returned to you in the app

7.2 What Data is Shared with AI

Shared (Anonymized):

- Workout types and frequency
- Exercise patterns
- Training volume trends
- Rest day patterns

Never Shared:

- Your name or email
- Your user ID
- Your location data
- Your social connections
- Any personally identifiable information

7.3 AI Provider

We use OpenAI for AI features:

- **Provider:** OpenAI
- **Location:** United States
- **Data Protection:** Standard Contractual Clauses + Anonymization
- **Safety screening:** posts, comments and profile text are checked for abuse (threats, hate, sexual content, harassment) for every user. Usernames, email addresses, links and long numbers are removed first and no account details are sent. OpenAI does not use this data to train its models.
- **Privacy Policy:** [OpenAI Privacy Policy](#)

8. AI Medical Disclaimer

IMPORTANT DISCLAIMER

AI-generated content in Push Beyond is for **informational and educational purposes only**. It does NOT constitute:

- Medical advice
- Diagnosis of any condition
- Treatment recommendations
- Professional fitness guidance

You should:

- Consult your physician before starting any exercise program
- Work with certified fitness professionals for personalized guidance
- Seek medical attention for any health concerns
- Not rely solely on AI recommendations for health decisions

We are NOT responsible for:

- Injuries resulting from following AI suggestions
- Health conditions that may be affected by exercise
- Decisions made based on AI recommendations

By using AI features, you acknowledge:

- AI insights are general in nature, not personalized medical advice
 - You are responsible for your own health and fitness decisions
 - You should consult healthcare professionals for personalized guidance
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9. Accepting the AI Disclaimer

Before using AI features, you must acknowledge the AI disclaimer. This acceptance is:

- Recorded with timestamp
- Synced to your account
- Required each time you enable AI features

You can view your AI disclaimer acceptance status in Settings > Privacy.

10. AI Transparency

10.1 When AI is Used

We clearly indicate when AI is providing insights:

- AI-generated content is labeled

- You can distinguish AI suggestions from regular app features

10.2 AI Limitations

AI recommendations may:

- Not account for your specific health conditions
- Be based on general patterns, not your unique needs
- Occasionally provide inaccurate or suboptimal suggestions
- Not replace professional expertise

10.3 Human Oversight

- AI features are continuously monitored
- User feedback helps improve AI accuracy
- We regularly review AI outputs for quality

11. Opting Out of AI

You can disable AI features at any time:

1. Go to **Settings**
2. Tap **Privacy**
3. Tap **Manage Consent**
4. Disable **AI Features** toggle

When AI is disabled:

- No data is sent to AI providers
- AI-generated insights will not appear
- Core app functionality continues normally

12. AI Data Retention

Data Type	Retention
AI disclaimer acceptance	Duration of account
Anonymized workout summaries sent to AI	Not stored by Push Beyond after processing
AI-generated insights	Session only (not permanently stored)

Note: OpenAI's data retention is governed by their privacy policy. We send only anonymized data.

13. Future AI Development

As AI technology evolves, we may:

- Introduce new AI features
- Improve existing AI capabilities
- Partner with additional AI providers

Any significant changes will be:

- Communicated to you before implementation
 - Subject to updated consent requirements
 - Documented in updated versions of this policy
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Part C: Consent History

14. Your Consent Records

We maintain a complete history of your consent actions:

Recorded Information:

- Date and time of consent action
- Type of consent (given/withdrawn)
- Consent version number
- Method of consent (app, email, etc.)

Your Rights:

- Request a copy of your consent history
 - View consent status in Settings > Privacy
 - Export consent records as part of data export
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15. Contact Us

For questions about consent or AI features:

Email: privacy@push-beyond.com

Website: push-beyond.com

16. Updates to This Policy

We may update this policy to reflect:

- New features or consent types
- Changes in AI capabilities
- Legal or regulatory requirements

Significant changes will be notified through the App.

This Consent and AI Policy was last updated on October 8, 2026.