Consent statements and privacy choices

Each choice has its own purpose. This page does not collect consent. Reading these statements, using the app or downloading a PDF does not record an affirmative choice.

Health journal and personal plan

This choice allows Ahmet Kılıç (Kylindravia) to maintain and sync your journal, calculate your plan and limit unsafe suggestions using the health information you provide. The journal is hosted in Railway's Netherlands region. Encrypted backups are stored on Google Drive.

- Affirmative statement — "I explicitly consent to processing my height, weight, nutrition, activity, sleep, answers to health questions and the health summaries I allow for my journal and personal plan."
- You can decline or withdraw this choice. A personal plan and journal that require health data will be unavailable. You may still exercise your rights and request account deletion.

Meal analysis and Coach

This choice covers generating the response to an AI request you start. A meal request may use the image or description you select, an on-device transcript or a correction note. Coach may use a message and the necessary nutrition, allergy, activity or journal summary. The recipient is OpenAI in the United States. Image details and free text can still identify you.

- Affirmative statement — "I explicitly consent to the content I select and the relevant health context being processed using OpenAI to respond to a meal analysis or Coach request I initiate."
- If you decline or withdraw this choice, new AI analyses and Coach requests are unavailable. Manual entries, account rights and requests for erasure are managed separately. The health journal and product analytics each have a separate choice.

Optional product analytics

This is off by default. Limited events such as viewing a screen or finishing an action are measured with a random identifier. These events contain no health records, media or Coach correspondence.

- Affirmative statement — “I agree to my content-free usage events being measured with a random analytics identifier to help improve Form Your Day.”
- Declining or turning the option off in Privacy and My Data does not affect the subscription or journal features.

Withdrawing consent, access and deletion

If your version shows health journal or AI choices under Privacy and My Data, you can change each choice there. You can also email support@formyourday.com from your registered address. For example, write “I withdraw my health journal consent” or “I withdraw my AI consent”. You can ask us to erase existing records in the same request.

- To stop access to a health app, change Health permissions on iPhone or the Health Connect app permissions on Android. You can request deletion of previously synced information separately.
- To remove the account, use the email route on the Account deletion page or the deletion process in the app. The main notice explains the full set of rights and the conditions for international transfers.

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