

Data Protection Policy for Mindfit Project

Effective Date: 01/05/2025

1. Introduction Mindfit Project ("we," "us," or "our") is committed to protecting the privacy and security of our users' personal data. This policy outlines how we collect, process, and safeguard information in accordance with the UK General Data Protection Regulation (UK GDPR) and other applicable laws.

2. Data We Collect We may collect the following types of personal data:

- Name, email address, and contact details (if provided)
- Website usage information through cookies and analytics
- Any other information voluntarily submitted by users

3. How We Use Your Data We process your data to:

- Improve our services and website functionality
- Respond to inquiries and provide support
- Comply with legal obligations

We do not sell or share personal data with third parties for marketing purposes.

4. Data Storage & Security We implement appropriate security measures to protect your data from unauthorized access or breaches. Data is retained only for as long as necessary for its intended purpose.

5. Your Rights As a user, you have the right to:

- Request access to your personal data
- Correct or delete inaccurate information
- Opt out of certain data processing activities To exercise these rights, contact us at [Insert Contact Email].

6. Cookies & Tracking Technologies We use cookies and analytics tools to enhance user experience. You can manage cookie preferences through your browser settings.

7. Changes to This Policy We may update this policy periodically. Any changes will be posted on our website.

8. Contact Us For questions about this policy, please email us at **Sonya@mindfitproject.co.uk**.