

Endurance AI Coach - Privacy Policy

Pre-launch draft - last updated 12 September 2026. Legal review is recommended before public launch.

1. Scope

This policy describes how Endurance AI Coach intends to process personal data when providing endurance health analytics and coaching features, including data received from user-authorized third-party integrations such as Garmin Connect.

2. Data controller and contact

Controller: ROBERT KOPROWSKI IT CONSULTING KOPROWSKI.IO

Contact: contact [at] koprowski [dot] io

Address: Zielone Wzgorze 15, 80-283 Gdansk, Poland

3. Data we intend to process

- Account and authentication data required to operate the service.
- User profile and training goals voluntarily provided by the user.
- User-authorized health and wellness metrics, which may include sleep, heart rate, stress, Body Battery, respiration, steps and other supported metrics.
- User-authorized activity data for running, cycling, swimming and other supported activity types, including detailed activity files where permitted.
- Generated coaching outputs, user feedback and application logs needed to operate and secure the service.

4. Purposes

- Provide longitudinal health, recovery and training analytics requested by the user.
- Generate personalized explanations, readiness insights and coaching recommendations.
- Generate structured workouts, training plans and courses when the user requests those features and the relevant integration is enabled.
- Maintain service security, prevent abuse and troubleshoot technical issues.

5. Garmin-sourced data

Garmin-sourced data will be accessed only after the user authorizes the connection and only for approved product functionality. We will not represent the service as sponsored, certified or endorsed by Garmin unless Garmin provides express permission. Attribution requirements applicable to Garmin device-sourced and derived data will be implemented in product displays and downstream exports before production launch.

6. Artificial intelligence processing

Health and fitness data will not be processed by AI systems until the user has received a clear explanation of the purpose and has provided explicit consent. The user will be able to withdraw AI-processing consent. See the separate AI Transparency Statement.

7. Model training

We do not intend to use Garmin-sourced end-user data to train a general-purpose foundation model. If third-party AI providers are used, production configuration and contractual controls will be selected to prevent connected user data from being used by those providers for general model training where supported and required.

8. Data minimization and retention

Only data necessary for enabled features will be requested and retained. Connected Garmin and coaching data is intended to be retained while the user keeps the service active and the integration connected. When a user requests account/data deletion, active production data will be deleted within 30 days, subject to applicable legal obligations. Residual copies in backups will expire through the backup-rotation process within a maximum of 90 days. Users will also be able to disconnect Garmin and withdraw AI-processing consent independently.

9. Security

Planned safeguards include encryption in transit, encryption at rest for sensitive data, least-privilege access controls, separation of secrets from application data, audit logging for privileged access, and documented incident-response procedures.

10. Legal basis and rights

For users in the European Economic Area, processing will be based on an appropriate legal basis under the GDPR. Where health-related information constitutes special-category data, explicit consent or another applicable Article 9 condition will be implemented before production. Users may have rights including access, rectification, erasure, restriction, portability and objection, as applicable.

11. International transfers and subprocessors

Planned technical providers include Vercel for the web application, Neon for PostgreSQL data storage, and OpenAI for AI functionality used through model APIs and/or ChatGPT integrations. The final production subprocessor list and international-transfer safeguards will be published before launch and adjusted if the implementation changes.

12. Changes

Material changes to this policy or to AI processing will be communicated to users and, where required, renewed consent will be obtained.

Pre-launch draft. Not legal advice.