



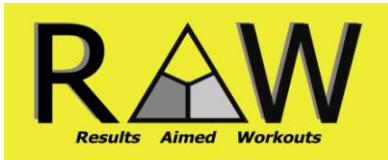
## Privacy Policy

RAW Results Aimed Workouts works as a small business that works closely with its clientele in order to offer the most effective, personalised service. For this reason, we desire to record much information for use in our services.

This privacy policy shows you exactly what data we collect, why we collect and how it is stored/processed.

With each factor of information, you will be provided with the option to 'opt-out' of our storage of such data. The data has been categorised by colour-coding based on its importance to our service provision and the effects that an 'opt-out' would have. The key for these colours is listed below the privacy notice.

Data Subject	Reason for Collection	Method of Storage
Basic Details (Full Name, Date of Birth, Gender, Email Address, Phone Number, Home Address)	Creating an identity for your profile and having a method of contact.	Stored on business computers, programming website (resultsaimedworkouts.co.uk) and booking software (goteamup.com)
Payment Details (Account Name, Account Number, Sort Code, Expiry Date, CVV)	To allow for repeat online purchases and speed up the payment process	Payment details are stored and processed via our payment processor (gocardless.com)
Emergency Contact (Emergency Contact Name, Phone Number, Relationship)	For safety reasons, if anything may happen to you to incapacitate you, we will use the details to contact the particular person.	Stored on booking software (goteamup.com)
Medical Information (Health Questionnaire, Injury Record, Physical & Physiological Ailments)	So that we can be fully aware of any issues that may need catering for and so that we know what to do if any injuries or health concerns arise.	Stored on programming website (resultsaimedworkouts.co.uk) and booking software (goteamup.com)
Health Stats (Height, Weight, Fat%/weight, Muscle%/weight, Visceral Fat, Resting Calories, Total Calorie Expenditure, Calorie Intake, Heart Rate, Blood Pressure, Size Measurements)	For use in nutrition coaching and guidance, body composition goal setting and progress monitoring	Stored on programming software (resultsaimedworkouts.co.uk) and booking software (goteamup.com)
Training Regime (membership status, programmes, nutrition, mindset coaching, physical assessments)	For purposes of programme writing and development. We produce this data as well as storing it as part of your training identity so that we can deliver key services personal training, nutrition coaching, goal analysis and mindset coaching.	Stored on programming software (resultsaimedworkouts.co.uk) and booking software (goteamup.com)



<p>Supplementary Information (exercise techniques, activity regime, lifestyle factors, sleep regime, general nutrition preferences, training history)</p>	<p>Used to help improve the quality of programmes we write and allow us to factor in potential risks and opportunities when delivering our key services.</p>	<p>Stored on programming software (resultsaimedworkouts.co.uk) and business computers</p>
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<p><b>Essential</b></p>	<p>This information is vital to our service provision and security, and your safety. The result of opting out of this information would be the discontinuing of our service provision.</p>
<p><b>Important</b></p>	<p>This information is used to ensure your health and safety and allow us to provide primary services like programme writing. Opting out of this information will affect the level of service we can provide and may result in services being discontinued.</p>
<p><b>Helpful</b></p>	<p>This information helps us to provide a better service. Opting out of this information may affect the quality of service we can provide, but ultimately will not prevent you from using the service.</p>