

Privacy Policy/Terms And Conditions

- last updated May 9, 2025

At traceydafoe.com, accessible from <https://pages.traceydafoe.com/home>, one of our main priorities is the privacy of our visitors. This Privacy Policy document contains types of information that is collected and recorded by traceydafoe.com and how we use it.

If you have additional questions or require more information about our Privacy Policy, do not hesitate to contact us.

This Privacy Policy applies only to our online activities and is valid for visitors to our website with regards to the information that they shared and/or collect in traceydafoe.com. This policy is not applicable to any information collected offline or via channels other than this website. Our Privacy Policy was created with the help of the Free Privacy Policy Generator.

Consent

By using our website, you hereby consent to our Privacy Policy and agree to its terms.

Information we collect

The personal information that you are asked to provide, and the reasons why you are asked to provide it, will be made clear to you at the point we ask you to provide your personal information.

If you contact us directly, we may receive additional information about you such as your name, email address, phone number, the contents of the message and/or attachments you may send us, and any other information you may choose to provide.

When you register for an Account, we may ask for your contact information, including items such as name, company name, address, email address, and telephone number.

How we use your information

We use the information we collect in various ways, including to:

- Provide, operate, and maintain our website

- Improve, personalize, and expand our website
- Understand and analyze how you use our website
- Develop new products, services, features, and functionality
- Communicate with you, either directly or through one of our partners, including for customer service, to provide you with updates and other information relating to the website, and for marketing and promotional purposes
- Send you emails
- Send SMS
- Find and prevent fraud

Log Files

traceydafoe.com follows a standard procedure of using log files. These files log visitors when they visit websites. All hosting companies do this and a part of hosting services' analytics. The information collected by log files include internet protocol (IP) addresses, browser type, Internet Service Provider (ISP), date and time stamp, referring/exit pages, and possibly the number of clicks. These are not linked to any information that is personally identifiable. The purpose of the information is for analyzing trends, administering the site, tracking users' movement on the website, and gathering demographic information.

Cookies and Web Beacons

Like any other website, traceydafoe.com uses 'cookies'. These cookies are used to store information including visitors' preferences, and the pages on the website that the visitor accessed or visited. The information is used to optimize the users' experience by customizing our web page content based on visitors' browser type and/or other information.

For more general information on cookies, please read the Cookies article on Generate Privacy Policy website.

Advertising Partners Privacy Policies

Third-party ad servers or ad networks uses technologies like cookies, JavaScript, or Web Beacons that are used in their respective advertisements and links that appear on

traceydafoe.com, which are sent directly to users' browser. They automatically receive your IP address when this occurs. These technologies are used to measure the effectiveness of their advertising campaigns and/or to personalize the advertising content that you see on websites that you visit.

Note that traceydafoe.com has no access to or control over these cookies that are used by third-party advertisers.

Third Party Privacy Policies

traceydafoe.com's Privacy Policy does not apply to other advertisers or websites. Thus, we are advising you to consult the respective Privacy Policies of these third-party ad servers for more detailed information. It may include their practices and instructions about how to opt-out of certain options.

You can choose to disable cookies through your individual browser options. To know more detailed information about cookie management with specific web browsers, it can be found at the browsers' respective websites.

CCPA Privacy Rights (Do Not Sell My Personal Information)

Under the CCPA, among other rights, consumers have the right to:

Request that a business that collects a consumer's personal data disclose the categories and specific pieces of personal data that a business has collected about consumers.

Request that a business delete any personal data about the consumer that a business has collected.

Request that a business that sells a consumer's personal data, not sell the consumer's personal data.

If you make a request, we have one month to respond to you. If you would like to exercise any of these rights, please contact us.

GDPR Data Protection Rights

We would like to make sure you are fully aware of all of your data protection rights. Every user is entitled to the following:

The right to access – You have the right to request copies of your personal data. We may charge you a small fee for this service.

The right to rectification – You have the right to request that we correct any information you believe is inaccurate. You also have the right to request that we complete the information you believe is incomplete.

The right to erasure – You have the right to request that we erase your personal data, under certain conditions.

The right to restrict processing – You have the right to request that we restrict the processing of your personal data, under certain conditions.

The right to object to processing – You have the right to object to our processing of your personal data, under certain conditions.

The right to data portability – You have the right to request that we transfer the data that we have collected to another organization, or directly to you, under certain conditions.

If you make a request, we have one month to respond to you. If you would like to exercise any of these rights, please contact us.

Children's Information

Another part of our priority is adding protection for children while using the internet. We encourage parents and guardians to observe, participate in, and/or monitor and guide their online activity.

traceydafoe.com does not knowingly collect any Personal Identifiable Information from children. If you think that your child provided this kind of information on our website, we strongly encourage you to contact us immediately and we will do our best efforts to promptly remove such information from our records.

Terms and Conditions for Work In Progress

Please read the following terms and conditions carefully before engaging in any services provided by Work In Progress. By accessing or using our services, you

acknowledge that you have read, understood, and agree to be bound by the terms and conditions outlined below:

Services Offered: Work In Progress provides various services such as diet planning, fitness guidance, nutritional advice, and lifestyle coaching. These services are intended to support and facilitate your weight loss journey.

Consultation and Personalization: We understand that each individual's weight loss goals and requirements may vary. Our services are personalized to cater to your specific needs, and we provide consultations to assess your current health status, dietary preferences, and physical capabilities. The recommendations provided are based on the information you provide and should not be considered as medical advice.

Medical Disclaimer: We are not medical professionals. The services we offer are not intended to replace professional medical advice, diagnosis, or treatment. Before starting any weight loss program, it is strongly recommended that you consult with a qualified healthcare professional to ensure that our services are suitable for your health condition.

Commitment and Results: Achieving weight loss goals requires commitment, effort, and consistency. While we strive to provide effective guidance and support, we cannot guarantee specific results or outcomes. Individual results may vary depending on factors such as metabolism, genetics, adherence to the program, and overall health condition.

User Responsibilities: By using our services, you agree to the following responsibilities:
a) Provide accurate and complete information about your health, medical history, dietary preferences, and any other relevant details. b) Follow the provided guidance, instructions, and recommendations to the best of your ability. c) Notify us immediately of any changes in your health condition or if you experience any adverse effects during the program.

Payment and Refunds: a) Payment for our services is required before the commencement of the program, unless otherwise agreed upon. b) All fees are non-refundable, except in cases where we are unable to provide the services as agreed upon due to circumstances beyond our control.

Confidentiality and Data Protection: a) We respect your privacy and will handle your personal information in accordance with applicable data protection laws and regulations. b) We may collect and process your personal data for the purpose of providing our services, but we will not share your information with third parties without your consent, unless required by law.

Intellectual Property: a) All content, materials, and resources provided as part of our services, including but not limited to meal plans, workout routines, and educational materials, are protected by copyright and other intellectual property rights. b) You may use the provided materials for your personal use only and may not reproduce, distribute, modify, or sell them without our prior written consent.

Limitation of Liability: a) Work In Progress and its representatives shall not be held liable for any direct, indirect, incidental, special, or consequential damages arising out of or in connection with the use of our services. b) You agree to indemnify and hold us harmless from any claims, damages, or liabilities arising from your use of our services or any breach of these terms and conditions.

Modification of Terms: We reserve the right to modify these terms and conditions at any time. Any changes will be effective immediately upon posting on our website or notifying you directly. It is your responsibility to review the terms periodically and ensure your continued compliance.

By engaging in our weight loss services, you acknowledge that you have read, understood, and agreed to these terms and conditions. If you do not agree with any of the provisions, please refrain from using our services.