

# Privacy Policy — GLP Journal

**Effective date:** 20 August 2026

This policy covers the iOS application **GLP Journal** (bundle identifier `com.glpjournal.app`), published by Denis Drovok ("we", "us"). It explains what data the app handles and where that data lives.

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## The short version

GLP Journal does not collect your data. There is no account, no sign-in, no analytics, no advertising, and no tracking. The app has no server of its own — nothing you record is ever transmitted to us. Everything you enter stays on your device and, if you enable iCloud, in your own private iCloud database that only you can access.

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## 1. Data you record in the app

GLP Journal is a self-tracking journal. Depending on how you use it, you may record:

- the injections you perform — date, medication, and dose;
- your weight entries;
- check-ins about how you feel;
- your reminder plan and app settings.

All of this is stored in a local database on your device. We have no access to it. We do not receive it, back it up, inspect it, or share it — there is no infrastructure on our side that could.

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## 2. iCloud sync (optional)

If iCloud is enabled for GLP Journal on your device, your journal data (except Apple Health data — see section 3) is synced through your **private iCloud database**, operated by Apple and tied to your Apple Account. This keeps your journal available if you move to a new iPhone.

- Only you can access this data; we cannot read it.
  - Apple processes it under the [Apple Privacy Policy](#) and the iCloud terms.
  - Sync changes are delivered between your devices by Apple's silent push notifications. They carry only a wake-up signal — never your journal content — and are never shown to you.
  - You can turn sync off at any time in iOS Settings → your name → iCloud → Saved to iCloud.
  - Deleting entries inside the app also removes them from the iCloud copy (see section 6).
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## 3. Apple Health

With your explicit permission, GLP Journal can read your body weight from Apple Health and write the weight entries you log back to it. Health access is limited to body weight; the app deliberately requests nothing else, and no clinical health records.

Weight data obtained from Apple Health is kept in a **local-only store on your device**. It is never uploaded to iCloud, never transmitted anywhere, never used for advertising, marketing, or data mining, and never disclosed to third parties. You can revoke Health access at any time in the Health app → Sharing → Apps.

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## 4. Purchases

Subscriptions are offered and processed by Apple through the App Store. Payment is charged to your Apple Account; we never see your payment details, billing address, or identity. The app verifies your subscription status on the device using Apple's StoreKit framework.

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## 5. Notifications

Reminders are scheduled locally on your device. They are not sent through any server, and their content never leaves your phone. The only push notifications the app receives are Apple's silent iCloud sync signals (section 2); they contain no content and nothing is displayed when they arrive.

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## 6. Data retention and deletion

Your data is yours, for as long as you choose to keep it:

- You can edit or delete individual entries inside the app.
- Deleting the app removes its local database from your device.
- If iCloud sync was enabled, you can remove the iCloud copy in iOS Settings → your name → iCloud → Manage Account Storage.

We retain nothing, because we hold nothing.

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## 7. What we don't do

- No analytics or measurement SDKs.
- No advertising and no ad networks.
- No tracking across apps or websites (the app's privacy manifest declares `NSPrivacyTracking = false`).
- No selling or sharing of personal data — we have none to sell.
- No third-party SDKs of any kind.

The only diagnostics we may ever see are the aggregated, anonymized crash statistics that Apple provides to developers, and only from users who have opted in to sharing analytics with app developers in iOS Settings. These reach us stripped of identity, under Apple's control.

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## 8. Security

Your journal is protected by the security of your device (device encryption, your passcode and biometrics) and, for the synced portion, by iCloud's encryption in transit and at rest as provided by Apple.

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## 9. Children

GLP Journal is not directed at children. The app is rated for users aged 13 and over.

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## 10. Your rights

Privacy laws such as the GDPR and CCPA give you rights over personal data that a company holds about you — access, correction, deletion, portability. Because GLP Journal's developer holds no personal data about you, these rights are exercised directly through the app and your device: your data is already in your hands, and the deletion tools in section 6 are complete. If you believe we do hold something about you, contact us and we will respond.

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## 11. Changes to this policy

If the app ever changes in a way that affects this policy — for example, if a future version adds an on-line feature — we will update this document and change the date at the top before the change ships. The current version always applies.

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## 12. Contact

Questions about this document, or anything else about the app: [support@glp-journal.org](mailto:support@glp-journal.org).