

# Privacy Policy

**Last updated:** 1 March 2026

**1. Introduction** This privacy policy explains how **Lukasz Ondycz** ("we", "our", or "us") collects, uses, and protects your personal information when you use our services or website. We are committed to protecting your privacy in accordance with the UK GDPR and the Data Protection Act 2018.

**2. The Data We Collect** We may collect and process: Identity Data (name, DOB), Contact Data (email, phone), Health Data (medical history, injuries - collected only with explicit consent), and Performance Data (weight, measurements, progress photos).

**3. How We Collect Your Data** We collect data through website forms, initial consultation forms (Par-Q), and direct communication.

**4. Why We Use Your Data** To create personalized training plans, ensure safety during physical activity, and for billing/booking purposes.

**5. Legal Basis** We process data based on Contract necessity, Explicit Consent, and Legal/Insurance obligations.

**6. Data Storage** Your data is stored securely. We retain data for 7 years after the end of the contract to comply with UK insurance requirements.

**7. Contact Information Lukasz Ondycz Email:** [pt.lucky.luke@gmail.com](mailto:pt.lucky.luke@gmail.com)