Privacy Policy

1. This Privacy Policy states the rules of processing personal data gathered from the www.positivecalories.com website (Website).

2. The Operator of the Website and the administrator of the data within the meaning of the Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 is Jakub Włodarczyk business with residence in Kraków (30-334), Komandosów st. 27/23, tax number: 5521667838, National Business Registry Number: 364686254. Protection of the data is done according to the requirements of commonly effective regulations of law.

3. I respect rights for privacy and take care of safety of the data.

4. The data in the forms are treated as confidential and are not visible to unauthorized people.

5. By using the forms on the Website (e.g. the newsletter form) you agree that your personal data can be processed. I process (depending upon the form) your data such as: name, e-mail.

6. Personal data is processed:

a. according to regulations concerning protection of the personal data

b. according to this Privacy Policy

c. in order to process electronically supplied services (i.e. the newsletter)

7. You have right to request access to your data, modify the data (rectification) or erase your personal data. You have also right to restrict data processing and right to object to processing data as well. You have also right to data portability and lodge a complaint with a supervisory authority.

8. You can contact person responsible for processing your personal data via e-mail: wlodarczyk.jakub.b@gmail.com.

9. The data can be made available to third parties only within legally allowed limits.

10. The Operator may be required to provide the information gathered by the Website to authorised bodies based on legitimate demands arising from the demand.

11. You have right to withdraw consent for processing data at any time (if it doesn't affect the lawfulness of processing based on consent before its withdrawal).

12. The data provided in the form can be forwarded to subjects that implement certain technical services like hosting service providers or other subjects with which the Website Operator cooperates in this field.

13. Period of keeping your personal data. Your personal data are kept until you demand to remove the data.

14. Newsletter and reasons for processing data from the newsletter form. By providing data in the newsletter form you agree to process your personal data like name and e-mail. Newsletter is used purely for sending news about the content of the Website.

15. Information about some user behaviour is subject to logging-in into the server layer (data is usually kept in server logs). This data is used only to administer the Website and provide the most efficient use of hosting services.

15.1. Browsed resources are identified by URL addresses. Moreover, the following may also be saved:

a. request time,

b. reply sending time,

c. name of the client's station - the identification is carried out by the HTTP protocol,

d. information about errors that occurred during implementation of the HTTP transaction,

e. URL address of the previously visited page (referrer link) - if the Website was entered through a reference link,

f. information about the user's browser and its version,

g. IP address.

15.2. The aforementioned data is not associated with individual persons viewing the pages.

15.3. The data is used only for server administration purposes.

16. The Website provides functionality of writing comments. Writing comments is voluntary. By writing a comment you agree to process your data like name and surname (or a nickname) if you provide them. Giving the address of your website is not required. Data that you provide in the comment will be publicly visible. When commenting you are obliged to obey common law regulations. Your IP address is saved on the server after adding a comment.

17. If you contact me via e-mail then your e-mail is visible for me as well as data you write in the message and I can process this data to answer you.

Cookie Files (cookies)

1. The Website uses cookies. Cookies are small text files stored in an end-device of the Website visitor (if the visitors's browser support cookies). Information gathered from cookies are used for keeping the Website accessible and to use the Website's functions (like customizing site content to the visitor). Additionally, cookies are used for statistic purposes and site optimization.

2. The Website uses mainly two basic types of cookies: session cookies and persistent cookies. Session cookies are temporary files that are stored in the end-device of the visitor until logging-out, leaving the Website or turning off the software (web browser). Persistent cookies are stored in the

end-device of the visitor for a specified time that is determined in cookie parameters or until the visitor deletes them.

3. The Website Operator has no possibility to identify the visitor through cookies and cookies don't collect any sensitive data from the visitor. The main purpose of using cookies is to make the Website accessible and more visitor friendly.

4. The Website also uses external cookies:

4.1 cookies and the Google Analytics tracking code - to gather general anonymous statistical data with the help of the Google Analytics tool.

Google Analytics is turned on by default on the Website but the IP anonymization functionality is on. Google Analytics cookies can be turned off in the browser's settings.

The Website uses Google Analytics only for statistical purposes and in order to optymalize the Webpage, its performance and functionalities.

You can download a browser add-on that blocks Google Analytics from
https://tools.google.com/dlpage/gaoptout .

You can find information about Google Analytics privacy policy and cookies on
https://policies.google.com/ .

5. The visitor of the Website has a possibility to disable cookies in the browser. Below are the links to instructions how to disable cookies for the most popular browsers:

- Internet Explorer: https://support.microsoft.com/en-gb/help/17442/windows-internet-explorer-delete-manage-cookies

- Edge: https://privacy.microsoft.com/en-us/windows-10-microsoft-edge-and-privacy

- Chrome: https://support.google.com/chrome/answer/95647

- Firefox: https://support.mozilla.org/en-US/kb/enable-and-disable-cookies-website-preferences

- Opera: https://help.opera.com/en/latest/web-preferences/#cookies

You can find more information on http://www.allaboutcookies.org/manage-cookies/ .