

# Take Back Tomorrow™

## Privacy Policy

**Effective Date:** June 28, 2026

Your privacy matters to us. This Privacy Policy explains how Take Back Tomorrow™ and The Recovery Studio by Coach Ness collect, use, protect, and share your information when you visit our website, enroll in our programs, or communicate with us.

### Information We Collect

We may collect information you voluntarily provide, including your name, email address, phone number, billing information, and information you choose to share during coaching, community participation, or customer support. We may also collect limited technical information such as your IP address, browser type, cookies, and website usage analytics.

### How We Use Your Information

We use your information to process payments, deliver programs and services, communicate with you, provide customer support, improve your experience, comply with legal obligations, and, with your permission, send educational updates or promotional emails.

### Payment Information

Payments are processed securely through trusted third-party payment providers. We do not store your full credit card information.

### Health Information

Any health-related information you voluntarily share is used only to help personalize your coaching experience. Take Back Tomorrow™ is an educational coaching program and does not provide medical care.

### Sharing Your Information

We do not sell your personal information. We may share information only with trusted service providers who help us operate our business, comply with legal requirements, or with your permission.

### Cookies & Analytics

Our website may use cookies and analytics tools to improve website performance and better understand how visitors use our site. You may disable cookies through your browser settings.

### Email Communications

You may unsubscribe from marketing emails at any time by clicking the unsubscribe link included in our emails. Transactional emails related to your enrollment may still be sent.

### Data Security

We use reasonable administrative, technical, and physical safeguards to help protect your personal information. However, no method of transmission or electronic storage is completely secure.

### Your Rights

Depending on your location, you may have the right to access, update, correct, or request deletion of your personal information. Contact us to exercise these rights.

## **Children's Privacy**

Our programs are intended for adults and are not directed to children under the age of 18.

## **Changes to This Policy**

We may update this Privacy Policy from time to time. Any changes will be posted on this page with an updated effective date.

## **Contact Us**

If you have questions about this Privacy Policy, please contact:

### **The Recovery Studio by Coach Ness**

Website: [www.icoachness.com](http://www.icoachness.com)

Email: [coachness@icoachness.com](mailto:coachness@icoachness.com)