

Tiki Terms of Use

For the Tiki app on iPhone, Apple Watch and Android, and the website tikis.app · Last updated 30 October 2026

Draft for legal review. Written from what the app actually does, as a starting point for a solicitor. It is not legal advice. Fill in the highlighted details before publishing.

The short version

- Tiki is free with ads. A one-off payment removes the ads and changes nothing else.
- You don't need an account. You only need one for chat and for syncing between devices.
- Tiki is a training log, not medical advice. Check with a doctor before starting a new exercise or diet plan.
- Be decent in chat. We can remove messages and suspend or close accounts that break the rules.
- You keep ownership of what you write. We only use it to run Tiki.
- Your rights as a consumer under UK law always apply, whatever these terms say.

1. About these terms

1. These terms are an agreement between you and **Tiki Apps** ([legal name, e.g. "Tariq Khan trading as Tiki Apps" or "Tiki Apps Ltd, company number ..."]), 7 The Broadway, Preston Road, Wembley, HA9 8JT, United Kingdom ("we", "us"). Contact: tiki@tikisapps.com.
2. They cover the Tiki app on iPhone, Apple Watch and Android, its online features (accounts, sync, chat and workout sharing) and the website tikis.app (together, "Tiki").
3. By downloading or using Tiki you agree to these terms. If you don't agree, please don't use Tiki.
4. Our **Privacy Policy** explains how we use your personal data. It is a separate document and is not part of this agreement.

2. Who can use Tiki

1. You must be **13 or older** to use Tiki. If you're under 18, please make sure a parent or guardian is happy for you to use it.
2. **Chat** is only for people aged **16 or over**. We ask for your date of birth when you turn chat on, and you can't change it afterwards. Giving a false date of birth breaks these terms.
3. **Public workout sharing** is only for people aged **18 or over**.
4. Tiki is for personal, non-commercial use.

3. Your account

1. Accounts are optional. Without one, your data stays on your device.
2. If you create an account, give a real email address you control. Keep your password secret, and tell us straight away if you think someone else is using your account.
3. **Usernames are permanent** once chosen. They must not impersonate anyone, mislead people, or be offensive. We can refuse or remove a username that breaks these rules.
4. You can delete your account at any time in **Profile** → **Delete account**. This deletes your account, username, synced data, chat messages and group memberships, as our Privacy Policy describes. Data stored only on your device stays there until you delete it or the app.

4. Health and fitness: please read

1. **Tiki is not a medical device and does not give medical advice.** It is a tool for logging training and food. Nothing in Tiki diagnoses, treats or prevents any condition.
2. Talk to a doctor or another qualified professional before starting a new exercise programme or changing your diet. This matters especially if you are pregnant, have a health condition, take medication, or have had an eating disorder.
3. Calorie and macro targets are **estimates** from a standard formula (Mifflin–St Jeor) and the details you enter. Calories burned are estimates too. Heart-rate readings from straps, watches, Apple Health or Health Connect can be wrong or delayed. Don't rely on any of them for medical decisions.
4. Food information comes from public databases (UK CoFID and Open Food Facts) and from what users enter. It may be incomplete or out of date. **Always check the label**, especially if you have an allergy.
5. Exercise carries a risk of injury. Use proper technique, warm up, use a spotter for heavy lifts, and stop if you feel pain, dizziness or chest discomfort. Get medical help if you need it.
6. Section 4 does not limit our liability for death or personal injury caused by our negligence (see section 11).

5. Chat and community rules

1. Chat is opt-in. Groups are invite-only, and one-to-one chats start only when the other person accepts.
2. When using chat, workout sharing or usernames, you must not:
 - bully, harass, threaten or intimidate anyone, or encourage self-harm or suicide;
 - post sexual content, ask anyone for nude or sexual images, or contact anyone under 18 in a sexual way;
 - post anything illegal, including child sexual abuse material, terrorist content, hate speech, fraud, or offers to sell drugs, steroids or weapons;
 - impersonate someone, spam, or share someone else's personal information (including their location);
 - try to get around our filters, rate limits, blocks, age checks or suspensions;
 - promote dangerous training, extreme dieting, or the misuse of supplements or performance-enhancing drugs.
3. **How we keep chat safe.** Tiki automatically masks offensive words. Messages that look seriously harmful are shown to others as "*****" and sent to our moderators for review. You can block anyone and report any message or user. A block works both ways.
4. **What we may do.** If you break these rules, we may remove content, suspend your chat for a period, or close your account. Where the law requires it, we may report illegal content to the police, CEOP/the National Crime Agency or the Internet Watch Foundation. We will tell you why we acted unless the law, or someone's safety, prevents it.
5. **Complaints and appeals.** To complain about content or another user, report it in the app. To appeal a decision about your content or account, email tiki@tikisapps.com. We aim to respond within [X] working days.
6. We don't check every message before it is sent. Other users are responsible for what they post.

6. Your content

1. You own what you create in Tiki, including workouts, routines, custom exercises and foods, and messages ("**your content**").

2. You give us a non-exclusive, royalty-free licence to store, copy, sync and show your content, but only as needed to run Tiki for you. For example, we sync it to your devices and deliver your messages to the people you send them to. This licence ends when you delete the content or your account. The exceptions are copies kept in reports and moderation records, which we keep for the periods in our Privacy Policy.
3. Workout sharing only happens when you tap Share. You choose who sees it, and you can stop sharing at any time.
4. You must have the right to post anything you share, and it must follow these terms.

7. Ads and the ad-free unlock

1. The free version of Tiki shows banner ads. We never show ads in workout mode, and we never use your health, diet or body data for advertising. Profile → Privacy & ads lets you change your ad choices.
2. The **Lifetime unlock** is a one-off payment (currently **£4.99**, or the local price shown in the store). It **only removes ads** and does not unlock any other feature. It is not a subscription.
3. You buy it through the Apple App Store or Google Play, and their terms apply to the payment. You can restore it on another device signed in to the same Tiki account or store account.
4. **Cancellation and refunds.** The unlock is digital content supplied straight away. When you buy, you agree to immediate supply and accept that you then lose the 14-day right to cancel. This doesn't affect your rights if the unlock is faulty. Refunds are handled by Apple (reportaproblem.apple.com) or Google Play under their policies, and you can also contact us.
5. We will never put a paywall in front of safety features, exporting or importing your data, sync, or deleting your account.

8. Apple Watch, Apple Health, Health Connect and accessories

1. Tiki can read heart-rate and active-energy data from Apple Health or Health Connect, and the Tiki watch app can save workouts to Apple Health. This only happens with your permission, which you can withdraw in your device settings or in Profile.
2. Tiki works with Bluetooth heart-rate straps and Apple Watch, but we don't make or guarantee any third-party device, and connections can drop.
3. Your use of Apple, Google and other services is governed by their own terms.

9. Our app and the content we include

1. We give you a personal, non-transferable, revocable licence to use Tiki on devices you own or control, in line with these terms and the app store's rules.
2. You must not copy, modify, reverse-engineer or resell Tiki, extract its databases in bulk, interfere with our servers, or access other users' data, except where the law allows it.
3. Tiki's name, logo, design and code belong to us. Some content belongs to others and is used under open licences: exercise data and images from wger (CC-BY-SA), food data from UK CoFID (Open Government Licence) and Open Food Facts (ODbL). The in-app Acknowledgements screen lists them, and those licences still apply to that content.

10. Availability, changes and backups

1. Workout logging works offline. Online features depend on the internet and our providers, so we can't promise they will always be available or error-free.
2. We may update Tiki to improve it, keep it secure or comply with the law. If a change significantly reduces what you've paid for, we will tell you, and you may be entitled to a remedy under consumer

law.

3. You can export an encrypted backup in Profile. **We can't recover a backup passphrase you forget.** Keep regular backups if your data matters to you.
4. If we ever close Tiki's online services, we'll give you reasonable notice (where possible at least [30] days) so you can export your data.

11. Our responsibility to you

1. If we break these terms or fail to use reasonable care and skill, we are responsible for loss or damage you suffer that was a foreseeable result. We are not responsible for loss that wasn't foreseeable, or that was caused by something outside our reasonable control.
2. Tiki is for personal use. We are not responsible for business losses, such as lost profit or business interruption.
3. If digital content we supply damages your device or other digital content because we didn't use reasonable care and skill, we will repair the damage or pay you compensation.
4. **Nothing in these terms limits or excludes our liability for** death or personal injury caused by our negligence, fraud or fraudulent misrepresentation, or anything else that can't legally be limited. Nothing affects your statutory rights, including under the Consumer Rights Act 2015. Citizens Advice can tell you more about your rights.

12. Suspending or ending your use

1. You can stop using Tiki at any time. You can also delete your account in the app.
2. We may suspend or close your account, or your access to chat, if you seriously or repeatedly break these terms, if the law requires it, or to protect other users. Where reasonable, we will tell you first and explain why.
3. The following continue after this agreement ends: sections 4, 6.2 (for moderation records), 9.3, 11 and 14.

13. Changes to these terms

1. We may change these terms, for example to reflect new features or changes in the law. We'll show the date of the latest version at the top of this page and tell you in the app before a significant change takes effect.
2. If you don't agree with a change, you can stop using Tiki and delete your account.

14. Law, disputes and other details

1. These terms are governed by the law of England and Wales. You can bring a claim in the courts of England and Wales. If you live in Scotland or Northern Ireland, you can also bring a claim in your local courts.
2. If you have a problem, please contact us first at tiki@tikisapps.com. We'll try to resolve it quickly.
3. If a court finds part of these terms invalid, the rest still applies. If we don't enforce a right straight away, we can still enforce it later.
4. We may transfer this agreement to someone who takes over Tiki, provided your rights aren't reduced. You may not transfer your rights to anyone else.
5. Except for Apple and its subsidiaries (section 15), nobody else has rights under these terms.

15. Extra terms if you got Tiki from the Apple App Store

1. These terms are between you and us, not Apple. We, not Apple, are solely responsible for Tiki and its content.
2. Your licence is limited to using Tiki on Apple-branded products that you own or control, as the App Store Usage Rules allow. Family Sharing may also allow other members of your household to use it.
3. Apple has no obligation to provide maintenance or support for Tiki.
4. If Tiki doesn't meet any warranty that applies, you can tell Apple and Apple will refund the purchase price (if any). To the maximum extent the law allows, Apple has no other warranty obligation for Tiki. We are responsible for any other claims, losses, liabilities, damages, costs or expenses caused by any failure to meet a warranty.
5. We, not Apple, are responsible for any claims you or others make about Tiki. These include product liability claims, claims that Tiki fails to meet a legal or regulatory requirement, and claims under consumer protection, privacy or similar laws, including about HealthKit.
6. If anyone claims that Tiki, or your use of it, infringes their intellectual property rights, we, not Apple, are responsible for investigating, defending, settling and resolving the claim.
7. You confirm that you are not in a country subject to a US Government embargo or designated as "terrorist supporting", and that you are not on any US Government list of prohibited or restricted parties.
8. Questions, complaints or claims about Tiki go to us: Tiki Apps, 7 The Broadway, Preston Road, Wembley, HA9 8JT, tiki@tikisapps.com.
9. When using Tiki you must also follow any third-party terms that apply, such as your mobile network's.
10. Apple and its subsidiaries are third-party beneficiaries of these terms. Once you accept them, Apple has the right, and is deemed to have accepted the right, to enforce them against you.