

FOCUS HEALTH, FITNESS & NUTRITION DISCLAIMER

Effective Date: September 10, 2026

Last Updated: September 10, 2026

This Health, Fitness & Nutrition Disclaimer (“Disclaimer”) applies to the Focus mobile application, website, software, features, subscriptions, integrations, and related services (collectively, the “Service”) provided by **TeamFocus LLC** (“TeamFocus,” “Focus,” “we,” “us,” or “our”).

Focus provides tools designed to help users track, organize, and better understand information relating to fitness, exercise, nutrition, health, wellness, habits, and personal development.

Please read this Disclaimer carefully before using health, fitness, workout, or nutrition features within Focus.

1. FOCUS IS NOT A MEDICAL SERVICE

Focus is not a healthcare provider, medical organization, hospital, clinic, physician, registered dietitian, physical therapist, mental-health provider, or emergency medical service.

Information provided through Focus is intended for general informational, organizational, tracking, educational, and personal-development purposes.

Nothing provided through Focus should be considered:

- medical advice;
- medical diagnosis;
- medical treatment;
- a prescription;
- professional nutritional treatment;
- physical therapy;
- rehabilitation;
- emergency medical assistance; or
- a substitute for care from a qualified healthcare professional.

You should consult an appropriate qualified healthcare professional regarding medical conditions, symptoms, injuries, medications, dietary concerns, or significant changes to your health, exercise, or nutrition practices.

2. DO NOT RELY ON FOCUS FOR MEDICAL DECISIONS

Focus may display or analyze information relating to your health, fitness, nutrition, sleep, recovery, activity, body measurements, or other wellness information.

This information should not be used as the sole basis for making medical decisions.

Do not disregard professional medical advice, stop prescribed treatment, change medication, delay seeking treatment, or avoid obtaining professional care because of information provided through Focus.

If you have concerns regarding your health, consult a qualified healthcare professional.

3. MEDICAL EMERGENCIES

Focus is not an emergency service and should never be used to determine whether you are experiencing a medical emergency.

Focus does not continuously monitor users for emergencies and does not guarantee that it can identify dangerous medical conditions.

If you believe you may be experiencing a medical emergency, immediately contact **911 in the United States or the appropriate emergency service in your location.**

Do not wait for an alert, recommendation, notification, Focus Score, health metric, or other information from Focus before seeking emergency assistance.

4. EXERCISE AND FITNESS RISKS

Physical exercise involves inherent risks.

These risks may include:

- muscle strains;
- joint injuries;

- falls;
- fractures;
- cardiovascular events;
- dehydration;
- overexertion;
- loss of consciousness;
- aggravation of existing conditions;
- serious injury; and
- in rare circumstances, death.

Before beginning a new exercise program or significantly changing your current training, you should consider consulting an appropriate healthcare professional, particularly if you have an existing medical condition, injury, physical limitation, or other health concern.

You are responsible for determining whether an exercise or activity is appropriate for your individual circumstances.

5. WORKOUTS AND EXERCISE RECOMMENDATIONS

Focus may allow users to create, record, receive, or view:

- workouts;
- exercises;
- training programs;
- sets and repetitions;
- weight recommendations;
- workout frequency;
- training schedules;
- estimated performance;
- personal records;
- exercise suggestions; and
- related fitness information.

These features are intended for informational and tracking purposes.

An exercise appearing within Focus does not mean that the exercise is safe or appropriate for every individual.

Exercise selection should account for factors including experience, technique, physical ability, injuries, medical conditions, equipment, environment, and appropriate supervision.

Stop exercising and seek appropriate assistance if you experience symptoms such as severe pain, chest pain, fainting, severe dizziness, unusual shortness of breath, or other concerning symptoms.

6. NUTRITION INFORMATION

Focus may provide tools for tracking:

- foods;
- meals;
- calories;
- protein;
- carbohydrates;
- fats;
- fiber;
- vitamins;
- minerals;
- water;
- meal timing;
- dietary goals; and
- other nutrition information.

Nutrition information within Focus is provided for informational and tracking purposes.

Focus is not a registered dietitian or medical nutrition service.

You should consult a qualified healthcare professional or registered dietitian for individualized medical or nutritional advice where appropriate.

7. CALORIE AND MACRONUTRIENT ESTIMATES

Calories, macronutrients, micronutrients, serving sizes, energy expenditure, calorie targets, and similar measurements presented through Focus may be **estimates**.

Actual nutritional content may vary based on factors including:

- food preparation;
- portion size;
- ingredients;
- brand;

- manufacturing differences;
- restaurant preparation;
- measurement error; and
- information supplied by third-party databases.

Similarly, estimated calories burned and energy requirements may differ from your actual energy expenditure.

Focus does not guarantee that calorie, nutrition, or energy calculations are completely accurate.

8. FOOD DATABASE INFORMATION

Focus may obtain food and nutrition information from third-party databases, APIs, manufacturers, restaurants, users, or other sources.

TeamFocus does not independently laboratory-test every food item available through Focus.

Accordingly, nutrition information may occasionally be incomplete, outdated, inaccurate, or inconsistent.

Users should verify information when accuracy is particularly important.

9. DIETARY RESTRICTIONS AND ALLERGIES

Do not rely solely on Focus to determine whether a food is safe for an allergy, intolerance, medical condition, religious restriction, or other dietary requirement.

Ingredient and nutrition databases may contain errors or incomplete information.

Always review the product label, ingredient information, restaurant information, or other authoritative source when allergies or dietary restrictions are involved.

For serious allergies or medical dietary requirements, consult an appropriate healthcare professional.

10. HEALTH AND WELLNESS METRICS

Focus may display information relating to:

- sleep;
- steps;
- activity;
- heart rate;
- resting heart rate;
- calories burned;
- body weight;
- body measurements;
- workout performance;
- recovery;
- activity trends; and
- other health or wellness measurements.

These measurements may originate from information entered by you or information obtained from devices and connected services.

Such measurements may contain inaccuracies.

Focus does not represent that consumer devices, wearables, connected services, or Focus itself provide medical-grade measurements unless expressly stated otherwise.

11. APPLE HEALTH AND CONNECTED DEVICES

Focus may integrate with Apple Health, HealthKit, wearable devices, fitness trackers, or other health and fitness platforms.

Information obtained from connected services depends on the accuracy, functionality, and availability of those services and devices.

TeamFocus does not manufacture or independently control third-party wearable devices or health platforms.

Data may be:

- delayed;
- incomplete;
- duplicated;

- inaccurate;
- unavailable; or
- incorrectly categorized.

You should not rely on Focus or a connected consumer device as a substitute for professional medical testing or diagnosis.

12. FOCUS SCORE

Focus may generate a **Focus Score** or similar measurement designed to help you understand your overall progress or consistency.

A Focus Score may consider information from different areas of your Focus account.

The Focus Score is a proprietary informational feature and **is not a medical score, clinical assessment, diagnosis, medical risk calculation, or professional health evaluation.**

A high Focus Score does not mean that you are medically healthy.

A low Focus Score does not mean that you are medically unhealthy.

You should not use a Focus Score to make medical decisions.

13. PERSONALIZED INSIGHTS

Focus may identify trends or correlations within your information.

For example, Focus may identify possible relationships between sleep and workout performance, nutrition and progress, activity and productivity, or habits and goal completion.

These observations represent patterns within available information.

Correlation does not necessarily establish causation.

A relationship identified by Focus does not establish that one behavior medically caused another outcome.

14. ARTIFICIAL INTELLIGENCE AND AUTOMATED INFORMATION

Certain Focus features may use artificial intelligence, machine learning, algorithms, statistical models, or other automated systems.

These systems may produce:

- recommendations;
- summaries;
- trends;
- predictions;
- classifications;
- correlations;
- reminders;
- explanations; or
- personalized insights.

Automated systems can make mistakes.

Outputs may be incomplete, inaccurate, outdated, or inappropriate for your individual circumstances.

AI-generated information provided by Focus does not constitute medical, nutritional, psychological, or other professional healthcare advice.

Users should independently evaluate important information and consult qualified professionals where appropriate.

15. USER-PROVIDED INFORMATION

Many Focus features depend on information you provide.

Incorrect or incomplete information may result in inaccurate:

- calculations;
- recommendations;
- graphs;
- Focus Scores;
- calorie targets;
- workout information;
- nutrition information;
- trends; and
- personalized insights.

You are responsible for reviewing information you enter and correcting inaccuracies where appropriate.

16. RESULTS ARE NOT GUARANTEED

TeamFocus does not guarantee that using Focus will result in:

- weight loss;
- weight gain;
- muscle growth;
- increased strength;
- improved cardiovascular health;
- improved nutrition;
- better sleep;
- improved mental wellbeing;
- increased athletic performance;
- improved appearance;
- prevention of disease;
- improved medical outcomes; or