

FOCUS COMMUNITY GUIDELINES & ACCEPTABLE USE POLICY

Effective Date: September 10, 2026

Last Updated: September 10, 2026

These Community Guidelines & Acceptable Use Policy (“Guidelines”) apply to the Focus mobile application, website, software, social features, challenges, profiles, communications, and related services (collectively, the “Service”) provided by **TeamFocus LLC** (“TeamFocus,” “Focus,” “we,” “us,” or “our”).

Focus is designed to help people improve different areas of their lives, track progress, build consistency, and stay accountable.

If you choose to interact with other people through Focus, you are expected to use the Service responsibly and respectfully.

These Guidelines supplement the Focus Terms of Service.

1. COMMUNITY PRINCIPLES

Focus is built around personal improvement, accountability, consistency, and progress.

Users should be able to participate without being subjected to harassment, threats, scams, exploitation, or intentionally harmful behavior.

When interacting with others through Focus:

- treat other users respectfully;
- respect privacy;
- share information responsibly;
- compete honestly;
- do not intentionally harm others; and
- use Focus for lawful purposes.

2. SOCIAL FEATURES

Focus may provide social features including:

- user profiles;
- usernames;
- profile photos;
- friends;
- followers or connections;
- challenges;
- group challenges;
- leaderboards;
- shared goals;
- shared habits;
- workout sharing;
- progress sharing;
- reactions;
- comments;
- direct messages;
- group communications; and
- other community features.

Not every feature listed above will necessarily be available at all times.

These Guidelines apply to current and future Focus social features where relevant.

3. RESPECT OTHER USERS

You may not use Focus to harass, bully, intimidate, threaten, stalk, or intentionally humiliate another person.

This includes repeated unwanted communication or targeted behavior designed to make another user feel unsafe.

Disagreement, competition, or criticism does not automatically constitute harassment.

However, persistent abusive or threatening behavior is prohibited.

4. THREATS AND VIOLENCE

You may not use Focus to make credible threats of violence or encourage serious physical harm against another person.

Content that coordinates, promotes, or meaningfully facilitates unlawful violence may be removed and may result in account restrictions.

Where TeamFocus reasonably believes there is an immediate and serious threat to someone's safety, we may take appropriate action consistent with applicable law.

5. HATEFUL CONDUCT

Focus may not be used to attack, threaten, or dehumanize people based on protected characteristics under applicable law.

Content that promotes hatred or violence against protected groups may be removed.

6. SEXUAL EXPLOITATION AND ABUSIVE CONTENT

Focus may not be used to distribute, request, promote, or facilitate sexual exploitation or abuse.

Any sexual exploitation involving minors is strictly prohibited.

TeamFocus may report apparent child sexual exploitation material or other conduct where reporting is required by law.

7. HARASSMENT THROUGH FITNESS OR BODY-RELATED FEATURES

Focus includes fitness, nutrition, health, and personal-development functionality.

You may not use these features to intentionally shame or harass other users concerning their:

- body;
- weight;
- appearance;
- fitness level;
- athletic performance;
- eating habits;
- health information; or
- personal progress.

Friendly competition and constructive encouragement are allowed.

Targeted abuse is not.

8. DANGEROUS CHALLENGES

Focus may allow users to participate in or create challenges.

You may not use Focus to create, encourage, or promote challenges that present an unreasonable risk of serious injury or harm.

Examples may include challenges involving:

- dangerous levels of food restriction;
- intentional dehydration;
- excessive exercise;
- unsafe weight-loss practices;
- misuse of medication;
- dangerous stunts;
- self-harm;
- reckless behavior; or
- other activities presenting a substantial risk of serious injury.

Focus challenges are intended to encourage healthy accountability and personal development.

9. SELF-HARM CONTENT

Users may discuss personal struggles in appropriate contexts, but Focus may restrict content that actively encourages, instructs, celebrates, or coordinates self-harm or suicide.

If Focus believes someone may be in immediate danger, TeamFocus may take appropriate steps consistent with applicable law and available information.

Focus is not an emergency or crisis service.

10. EATING-DISORDER PROMOTION

Focus may include calorie, nutrition, weight, exercise, and body-related tracking.

Users may not use Focus community features to encourage or glorify dangerous eating-disorder behavior.

This includes encouraging other users to engage in extreme starvation, purging, dangerous restriction, or similar harmful practices.

11. PRIVACY

Respect the privacy of other users.

You may not share another person's private or sensitive information without authorization.

This may include:

- home addresses;
- private phone numbers;
- private email addresses;
- passwords;
- financial account information;
- government identification numbers;
- private health information;
- precise private location information; or
- other sensitive personal information.

Do not attempt to obtain another user's private information through deception or coercion.

12. HEALTH AND FINANCIAL INFORMATION

Focus may contain particularly sensitive health and financial information.

Do not share another person's health or financial information without their permission.

Users should carefully consider what information they choose to make visible through social features.

TeamFocus may provide privacy controls that allow users to determine which information is shared.

13. IMPERSONATION

You may not impersonate:

- another Focus user;
- another individual;
- TeamFocus personnel;

- a healthcare professional;
- a financial professional;
- a company;
- an organization; or
- a public figure

in a deceptive manner.

Parody or clearly fictional accounts may be permitted where they are not misleading or otherwise prohibited.

14. FALSE OR MISLEADING INFORMATION

You may not intentionally use Focus to conduct fraud or materially deceive other users.

This includes deliberately falsifying information for the purpose of scams, manipulation, or obtaining something of value through deception.

15. CHALLENGE AND LEADERBOARD INTEGRITY

If Focus offers challenges, competitions, rankings, streaks, or leaderboards, users are expected to participate honestly.

You may not intentionally manipulate results through methods such as:

- falsifying workouts;
- falsifying steps;
- falsifying nutrition information;
- manipulating device data;
- creating fraudulent accounts;
- exploiting software bugs;
- using unauthorized automation;
- intentionally altering measurements; or
- coordinating fraudulent results.

TeamFocus may remove invalid activity or adjust challenge results where manipulation is reasonably identified.

16. SPAM

You may not use Focus to send unwanted bulk or repetitive communications.

This includes:

- repetitive promotional messages;
- unsolicited advertisements;
- mass friend requests generated through automation;
- repetitive links;
- pyramid schemes;
- chain messages; or
- other abusive communications.

17. SCAMS AND FRAUD

Focus may not be used to conduct or facilitate scams.

Examples include:

- investment scams;
- fake giveaways;
- phishing;
- identity theft;
- payment fraud;
- fraudulent fundraising;
- fake business opportunities;
- credential theft; or
- other deceptive schemes.

18. MALWARE AND CYBERSECURITY ABUSE

You may not use Focus to:

- distribute malware;
- distribute malicious links;
- steal credentials;
- conduct phishing;
- interfere with another user's account;

- exploit Focus systems;
- bypass security controls; or
- obtain unauthorized access to systems or information.

Security researchers who identify a potential Focus vulnerability should report it responsibly to TeamFocus rather than exploiting it.

19. ILLEGAL ACTIVITY

Focus may not be used to organize, facilitate, or conduct unlawful activity.

TeamFocus may remove content or restrict accounts where reasonably necessary to comply with applicable law.

20. USERNAMES AND PROFILE INFORMATION

Username, profile photos, bios, and other profile information must comply with these Guidelines.

TeamFocus may require a username, profile image, or other profile information to be changed if it:

- impersonates another person;
- infringes intellectual property;
- contains prohibited abusive content;
- creates a material security concern; or
- materially violates these Guidelines.

21. USER-GENERATED CONTENT

You are responsible for content you post or share through Focus.

Do not upload content unless you have the right to share it.

User-generated content may include:

- photos;
- profile pictures;
- comments;

- messages;
- challenge names;
- goal descriptions;
- posts;
- shared progress; or
- other material.

You retain ownership of your original content subject to the license described in the Focus Terms of Service.

22. INTELLECTUAL PROPERTY

Do not upload or distribute content that infringes another person's copyright, trademark, or other intellectual-property rights.

TeamFocus may remove allegedly infringing content where appropriate or legally required.

Repeated infringement may result in account restrictions or termination.

23. COMMERCIAL ACTIVITY

Focus may limit commercial solicitation through community features.

Unless TeamFocus expressly permits it, you may not use Focus primarily to:

- advertise unrelated products;
- repeatedly solicit customers;
- send unsolicited promotional messages;
- recruit users into multi-level marketing programs;
- sell access to accounts; or
- operate spam campaigns.

24. AUTOMATED ACCESS

You may not use bots, scripts, scrapers, or other automated systems to interact with Focus in ways that:

- create fake engagement;
- manipulate challenges;
- mass-message users;
- scrape private information;

- overload the Service;
- bypass restrictions; or
- otherwise violate the Terms of Service.

Authorized APIs and integrations may be used according to their applicable terms.

25. ACCOUNT SECURITY

You are responsible for maintaining the security of your Focus account.

Do not:

- share passwords publicly;
- attempt to access another user's account;
- purchase stolen accounts;
- sell compromised credentials; or
- intentionally bypass Focus security features.

If you believe your account has been compromised, contact TeamFocus.

26. REPORTING CONTENT OR USERS

Focus may provide tools allowing u