

FOCUS TERMS OF SERVICE

Effective Date: September 10, 2026

Last Updated: September 10, 2026

These Terms of Service (“Terms”) govern your access to and use of the Focus mobile application, website, software, features, products, subscriptions, and related services (collectively, the “Service”) provided by **TeamFocus LLC** (“TeamFocus,” “Focus,” “we,” “us,” or “our”).

By creating a Focus account, downloading or accessing Focus, purchasing Focus+, or otherwise using the Service, you agree to these Terms and our Privacy Policy.

If you do not agree to these Terms, do not access or use Focus.

1. ABOUT FOCUS

Focus is a life-tracking and personal-development platform designed to help users organize, track, and better understand different areas of their lives.

Depending on the features available to you, Focus may allow you to track or manage information relating to:

- fitness and workouts;
- nutrition and food;
- health and wellness;
- finances and spending;
- goals;
- habits and routines;
- productivity;
- calendars and schedules;
- personal development;
- challenges and social activity; and
- other information you choose to track.

Focus may also provide scores, summaries, trends, correlations, recommendations, automated observations, or other insights based on information available within the Service.

Features may change, be added, or be removed over time.

2. ELIGIBILITY

You must be legally capable of entering into a binding agreement to use Focus.

If you are under the age of majority where you live, you may only use Focus with the permission and supervision of a parent or legal guardian where required by applicable law.

Certain features may have additional age restrictions.

You represent that the information you provide when creating or maintaining your account is accurate and that your use of Focus complies with applicable law.

3. YOUR ACCOUNT

Certain Focus features may require an account.

You are responsible for:

- maintaining accurate account information;
- maintaining the confidentiality and security of your login credentials;
- activity occurring through your account; and
- notifying us if you believe your account has been compromised.

You may not impersonate another person, create an account using information you are not authorized to use, sell or transfer your account without permission, or access another user's account without authorization.

We may take reasonable action to protect an account if we believe it has been compromised or is being used fraudulently.

4. YOUR DATA

Focus is designed around information that you provide or authorize Focus to access.

This may include information concerning workouts, nutrition, health and wellness, goals, habits, financial activity, schedules, productivity, and other areas of your life.

Our collection, use, disclosure, retention, and protection of personal information are described in our **Privacy Policy**.

You are responsible for ensuring that you have the right to provide information that you submit to Focus.

5. CONNECTED SERVICES AND THIRD-PARTY INTEGRATIONS

Focus may allow you to connect third-party products and services.

These may include, depending on availability, health platforms, wearable devices, calendars, financial-data providers, productivity services, social platforms, and other applications or services.

By connecting a third-party service, you authorize Focus to access, receive, process, display, and use information from that service to the extent permitted by you, the third-party provider, and applicable law.

Third-party services are operated independently from TeamFocus.

We do not control and are not responsible for the availability, accuracy, security, functionality, terms, privacy practices, or actions of third-party services.

Your use of a third-party service may also be governed by that provider's own terms and privacy policy.

Disconnecting an integration may prevent Focus from receiving new information from that service but may not automatically delete information previously imported into Focus. Data deletion and retention are addressed in our Privacy Policy.

6. FOCUS SCORE, INSIGHTS, AND AUTOMATED FEATURES

Focus may analyze information available within the Service to generate personalized information such as:

- Focus Scores;
- progress measurements;
- trends;
- correlations;
- summaries;
- comparisons;
- forecasts;
- reminders;
- recommendations; and
- other automated or personalized insights.

These features are intended to help users understand their information and behaviors.

Insights may be generated through automated systems, algorithms, statistical methods, artificial intelligence, or similar technologies.

These systems can make mistakes.

Focus does not guarantee that a Focus Score, insight, correlation, recommendation, prediction, calculation, or other automated output is complete, accurate, or appropriate for your individual circumstances.

You remain responsible for decisions you make based on information presented through Focus.

7. HEALTH, FITNESS, AND NUTRITION INFORMATION

Focus is **not a healthcare provider or medical service**.

Nothing provided through Focus is intended to constitute medical advice, diagnosis, treatment, or emergency medical assistance.

Health, fitness, nutrition, sleep, recovery, calorie, exercise, or similar information displayed by Focus is provided for informational and personal-tracking purposes.

Focus should not be used as a substitute for advice from a physician, registered dietitian, mental-health professional, or other qualified healthcare professional.

Do not disregard professional medical advice or delay seeking medical care because of information provided by Focus.

Physical activity and changes to exercise or nutrition may involve risks. You are responsible for determining whether an activity is appropriate for you.

Focus is not an emergency service. If you believe you are experiencing a medical emergency, contact emergency services immediately.

Additional information may be provided in our Health & Fitness Disclaimer.

8. FINANCIAL INFORMATION

Focus may provide tools for tracking spending, income, savings, budgets, accounts, financial goals, or related information.

TeamFocus is not a bank, brokerage, investment adviser, financial adviser, accountant, tax adviser, lender, or credit-repair service.

Financial information, calculations, classifications, projections, trends, recommendations, or insights provided through Focus are for informational and organizational purposes only.

Nothing within Focus constitutes investment, financial, accounting, legal, or tax advice.

You are responsible for verifying financial information and making your own financial decisions.

Additional information may be provided in our Financial Disclaimer.

9. FOCUS+

Focus may offer an optional premium service known as **Focus+**.

Focus+ may provide additional functionality such as advanced insights, expanded analytics, enhanced personalization, premium features, or other benefits.

The features included with Focus+ may evolve over time.

Current pricing and subscription options will be displayed before purchase.

Unless otherwise stated at the time of purchase, subscriptions may automatically renew until canceled.

If you purchase Focus+ through Apple, Google, or another third-party marketplace, payment, billing, cancellation, and refund processing may also be subject to that platform's applicable terms.

You are responsible for canceling a subscription before its renewal date if you do not wish for it to renew.

Deleting Focus or ceasing to use the Service does not necessarily cancel an active subscription.

10. LIFETIME PURCHASES

Focus may offer a “Lifetime” Focus+ purchase.

Unless otherwise expressly stated at the time of purchase, “Lifetime” refers to access to the applicable Focus+ offering for the lifetime of the applicable Focus service or product offering, rather than the lifetime of the purchaser.

A Lifetime purchase does not guarantee that Focus, Focus+, or any particular feature will remain available indefinitely.

Technology, laws, business conditions, third-party services, and other circumstances may require us to modify or discontinue features or services.

11. PRICING AND CHANGES

Prices, features, and subscription plans may change.

Any applicable price will be shown before you complete a purchase.

For existing recurring subscriptions, changes to subscription pricing will be handled in accordance with applicable law and the rules of the platform through which you subscribed.

We may add, modify, bundle, limit, or discontinue free or paid features.

12. REFUNDS

Purchases made through a third-party marketplace, including Apple's App Store, may be subject to that marketplace's refund policies.

Where TeamFocus directly processes a transaction, refund eligibility will be determined in accordance with applicable law and the refund terms disclosed at the time of purchase.

Nothing in these Terms limits any non-waivable refund or consumer rights provided by applicable law.

13. SOCIAL FEATURES AND CHALLENGES

Focus may allow users to interact with friends, participate in challenges, share progress, or otherwise interact with other users.

You are responsible for the information you choose to share.

You may not use Focus to:

- harass, threaten, bully, or abuse another person;
- impersonate another individual or organization;
- publish unlawful, fraudulent, defamatory, or infringing material;
- distribute spam or malicious content;
- manipulate challenges or statistics through deceptive means;
- attempt to obtain another person's private information without authorization; or
- encourage dangerous or unlawful activity.

We may remove content, restrict features, suspend accounts, or take other reasonable action when we believe these rules have been violated.

14. USER CONTENT

You retain ownership of content that you create and submit to Focus, subject to any rights belonging to others.

To the extent necessary to operate the Service, you grant TeamFocus a limited, non-exclusive, worldwide license to host, store, reproduce, process, transmit, display, and otherwise use your content for the purpose of operating, maintaining, securing, and improving Focus.

This license does not transfer ownership of your content to TeamFocus.

The license ends when the content is deleted from our systems, except where retention is reasonably necessary for backups, security, fraud prevention, legal obligations, dispute resolution, or other purposes permitted by our Privacy Policy and applicable law.

15. ACCEPTABLE USE

You agree not to:

- use Focus for unlawful purposes;
- interfere with the operation or security of Focus;
- attempt to gain unauthorized access to Focus systems or accounts;
- introduce malware or malicious code;
- circumvent security or access restrictions;
- scrape or systematically extract Focus data without authorization;
- reverse engineer the Service except where applicable law expressly permits it;
- use automated systems to abuse or overload the Service;
- exploit bugs or vulnerabilities;
- misrepresent your identity;
- violate another person's intellectual-property or privacy rights; or
- use Focus in a manner that could materially harm TeamFocus, Focus, our users, or third parties.

We may investigate suspected violations and take appropriate action.

16. INTELLECTUAL PROPERTY

Focus and its associated software, interface, designs, graphics, branding, logos, trademarks, text, features, technology, and other materials are owned by TeamFocus LLC or its licensors and are protected by applicable intellectual-property laws.

These Terms give you a limited, personal, revocable, non-exclusive, non-transferable right to use Focus for its intended purposes.

They do not transfer ownership of Focus or TeamFocus intellectual property to you.

You may not copy, sell, license, distribute, modify, or commercially exploit Focus intellectual property except with our written permission or as otherwise permitted by law.

17. FEEDBACK

If you voluntarily provide ideas, suggestions, recommendations, or other feedback concerning Focus, you agree that TeamFocus may use that feedback to develop or improve Focus without an obligation to compensate you.

This does not give TeamFocus ownership of your personal information or unrelated content.

18. SERVICE AVAILABILITY

We aim to provide a reliable Service, but Focus may occasionally be unavailable.

Interruptions may result from maintenance, updates, infrastructure failures, third-party outages, security events, technical problems, or circumstances outside our control.

We do not guarantee uninterrupted or error-free availability.

Features may also vary by device, operating system, country, subscription level, or third-party integration.

19. CHANGES TO FOCUS

Focus is an evolving product.

We may modify, add, remove, suspend, or discontinue features where reasonably necessary.

Where required by law, we will provide appropriate notice of material changes that significantly affect your rights or paid services.

20. ACCOUNT SUSPENSION AND TERMINATION

You may stop using Focus at any time.

Where supported, you may request deletion of your account through the available account controls or methods described in our Privacy Policy.

We may suspend, restrict, or terminate access if we reasonably believe:

- you materially violated these Terms;
- your activity threatens Focus or another user;
- your account is involved in fraud or unlawful activity;
- suspension is necessary to comply with law; or
- continued access creates a material security risk.

Where appropriate and legally required, we may provide notice or an opportunity to appeal.

21. DISCLAIMER OF WARRANTIES

TO THE MAXIMUM EXTENT PERMITTED BY APPLICABLE LAW, FOCUS IS PROVIDED ON AN "AS IS" AND "AS AVAILABLE" BASIS.

TEAMFOCUS DOES NOT WARRANT THAT THE SERVICE WILL ALWAYS BE AVAILABLE, ERROR-FREE, COMPLETELY SECURE, OR COMPLETELY ACCURATE.

WE DO NOT GUARANTEE ANY PARTICULAR HEALTH, FITNESS, FINANCIAL, PRODUCTIVITY, PERSONAL-DEVELOPMENT, OR OTHER RESULT FROM USING FOCUS.

Some jurisdictions do not allow certain warranty exclusions, so portions of this section may not apply to you.

22. LIMITATION OF LIABILITY

TO THE MAXIMUM EXTENT PERMITTED BY APPLICABLE LAW, TEAMFOCUS LLC AND ITS MEMBERS, MANAGERS, EMPLOYEES, CONTRACTORS, AFFILIATES, AND SERVICE PROVIDERS WILL NOT BE LIABLE FOR INDIRECT, INCIDENTAL, SPECIAL, CONSEQUENTIAL, EXEMPLARY, OR PUNITIVE DAMAGES ARISING FROM OR RELATING TO YOUR USE OF FOCUS.

THIS MAY INCLUDE LOSS OF DATA, PROFITS, BUSINESS OPPORTUNITIES, GOODWILL, OR OTHER INTANGIBLE LOSSES.

Nothing in these Terms excludes liability that cannot legally be excluded or limited.

23. INDEMNIFICATION

To the extent permitted by applicable law, you agree to indemnify and hold harmless TeamFocus LLC and its affiliates, members, managers, employees, and representatives from claims, liabilities, damages, losses, and reasonable expenses arising from your unlawful misuse of Focus, violation of these Terms, or infringement of another person's rights.

24. GOVERNING LAW

Unless applicable consumer law requires otherwise, these Terms and disputes arising from them will be governed by the laws of the **State of Arizona**, without regard to conflict-of-law principles.

Any mandatory rights available to you under the laws of your place of residence remain unaffected where those rights cannot legally be waived.

25. DISPUTES

Before filing a formal legal claim, you and TeamFocus agree to make a reasonable good-faith effort to resolve the dispute informally.

You may contact us at:

support.teamfocus@gmail.com

Your notice should describe the issue and the resolution you are requesting.

Nothing in this section prevents either party from seeking relief where immediate legal action is permitted or required.

Additional dispute-resolution or arbitration provisions may be adopted through an updated version of these Terms where legally appropriate.

26. APPLE APP STORE

If you download Focus through Apple's App Store, you acknowledge that these Terms are between you and TeamFocus LLC, not Apple Inc.

Apple is not responsible for Focus or its content except to the extent required under Apple's applicable terms or applicable law.

Your use of Focus must comply with applicable App Store terms.

Any rights Apple has as a third-party beneficiary under applicable App Store requirements are preserved.

27. PRIVACY

Your privacy is important to us.

Our **Privacy Policy** explains the categories of information Focus may collect, why information is collected, how it may be used or disclosed, how long it may be retained, and the privacy choices and rights available to users.

The Privacy Policy forms an important part of your relationship with Focus and should be reviewed before using the Service.

28. CHANGES TO THESE TERMS

We may update these Terms as Focus evolves or as legal, regulatory, security, or operational requirements change.

When changes are material, we will provide notice where required by law.

The “Last Updated” date at the beginning of these Terms identifies when the Terms were most recently revised.

Continued use after updated Terms become effective constitutes acceptance where permitted by applicable law.

If applicable law requires affirmative consent to a particular change, we will request it.

29. SEVERABILITY

If a provision of these Terms is determined to be unlawful or unenforceable, the remaining provisions will remain in effect to the fullest extent permitted by law.

30. ENTIRE AGREEMENT

These Terms, together with the Privacy Policy and any additional policies or terms expressly incorporated into them, constitute the agreement between you and TeamFocus regarding your use of Focus.

31. CONTACT US

Questions regarding these Terms may be sent to:

TeamFocus LLC

Focus

Email: support.teamfocus@gmail.com

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