



Privacy Policy - Grobbe Mind & Performance

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Niels Grobbe, trading as Grobbe Mind & Performance - Hoofdweg 66A, 3067 GH Rotterdam, The Netherlands -
info@grobbemindandperformance.com - +31 6 24581855

1. Who is responsible?

Niels Grobbe, trading as Grobbe Mind & Performance, is responsible for the processing of personal data described in this Policy.

Hoofdweg 66A, 3067 GH Rotterdam, The Netherlands

Chamber of Commerce: 42156000

Email: info@grobbemindandperformance.com

Telephone: +31 6 24581855

2. What data, sources and lawful bases?

GMP processes only data needed for contact, an application, performance of an agreement, scheduling, administration, demonstrable recording of legal-document acceptance and compliance with legal obligations. Data generally comes from you, from an appointment you make through Cal.com, or from systems used for the agreed Service.

The contact form may process name, email address, interest, language, application variant and a short free-text description. The lawful basis is taking steps at your request before entering into a possible Agreement (Article 6(1)(b) GDPR) or, where no specific Agreement is sought, GMP's legitimate interest in answering enquiries and operating a secure website (Article 6(1)(f) GDPR). The website expressly does not ask for medical information, diagnoses or medication. Do not send such information through the form.

For performance of a Service, an appointment and customer administration, GMP processes data reasonably needed for that purpose. The lawful basis is performance of the Agreement or steps at your request before entering into it (Article 6(1)(b) GDPR). Invoice and tax administration are processed to comply with a legal obligation (Article 6(1)(c) GDPR).

For a relevant agreement, name, email address, selected product/configuration, language, document versions, document hashes, acceptance and acknowledgement timestamps and limited technical/operational references may be recorded as agreement evidence. The lawful basis is performance of the Agreement and the legitimate interest in demonstrating the Agreement, acceptance and possible legal claims (Article 6(1)(b) and (f) GDPR). Coaching notes, medical information and other unnecessary special-category data do not belong in that evidence store.

GMP may process limited technical log data for security, troubleshooting and abuse prevention. The lawful basis is GMP's legitimate interest in secure and reliable services (Article 6(1)(f) GDPR). GMP uses consent only where it is genuinely required for a specific optional processing activity; consent is not a general basis for every processing in this Policy.

3. Service providers and systems

- **Vercel:** website hosting and technical delivery.
- **Sanity:** public editorial website content and media; not private customer or legal-evidence storage.
- **Resend:** transactional contact and confirmation email, only where configured in the relevant environment.
- **Cal.com:** appointment scheduling; GMP processes data needed to arrange the appointment in practice.

- **Private Neon/Postgres storage:** private, server-side storage of legal acceptance/agreement evidence where that flow is active.

- **Everfit:** Online Personal Training platform. GMP processes, only where necessary for that Service, account/contact details, training programmes, training progress/completion and trainer-client communication. After signing up, GMP may also process limited health and safety information through a private Everfit intake where reasonably necessary to design, adapt and support the training programme safely and appropriately.

The published processing terms of Vercel, Sanity, Resend, Cal.com, Neon and Everfit describe, depending on the service and data category, a processor role and/or a separate controller role for their own account and product data. Their documentation provides relevant safeguards for transfers outside the EEA, including Standard Contractual Clauses where applicable. Resend and Cal.com disclose processing in the United States; Everfit lists US subprocessors. GMP uses only the functions and configuration needed for the Service and maintains its internal vendor register. An invoicing/accounting provider has not yet been selected and is therefore not named. Stripe is not an active launch processing activity.

4. Health and special-category data

The public website and general contact/application forms are not designed as medical records. GMP does not actively request medical information, diagnoses or medication through them. Do not provide that information there, and do not provide medical files, a complete medical history, medication lists, treatment records or other information that is not necessary for training support.

For Online Personal Training, GMP may ask only through a private Everfit intake for limited information about current injuries, physical limitations, movements/exercises/loads to avoid or adapt, training restrictions advised by a relevant healthcare professional, and other information genuinely necessary for safe and appropriate training support. GMP applies data minimisation and does not treat this intake as a broad medical-record system.

For Integrated Performance, a private performance assessment may, where relevant, include limited information about sleep, recovery, energy, nutrition/eating habits, movement, stress, physical capacity, injuries, physical limitations and other lifestyle/performance factors. It is not a medical, psychological or clinical diagnosis. Responses to such an assessment remain in a separate private service workflow and are not stored in Sanity, Cal.com, an email archive or the general legal-evidence store.

Ordinary Online Personal Training and Integrated Performance processing is based on performance of the Agreement (Article 6(1)(b) GDPR). For limited health data or information revealing health, GMP requests separate explicit consent for the specified purpose of safely and appropriately providing, personalising and adapting the Service (Article 9(2)(a) GDPR). This consent is separate from accepting terms or acknowledging this Privacy Policy and may be withdrawn through info@grobbebeyondandperformance.com. Withdrawal does not affect the lawfulness of prior processing; GMP will then assess what data should be deleted or restricted and whether safe personalised support can continue without the necessary information.

5. Retention

GMP does not retain data indefinitely. Contact enquiries that do not lead to a customer relationship are normally deleted or anonymised no later than 12 months after the last substantive contact. Customer and appointment administration is retained during the relationship and afterwards only as long as needed for performance, administration, legal claims or legal obligations. For limited Online PT health/safety information, the default is deletion or anonymisation no later than 3 months after the Service ends. For limited Integrated Performance assessment information, the default is deletion or anonymisation no later than 3 months after the programme is completed. A concrete, documented need for short follow-up or another legal obligation may justify a longer proportionate period. Tax records are retained for the applicable statutory fiscal retention period. Legal-acceptance, withdrawal and cancellation evidence is retained as long as reasonably necessary to establish, exercise or defend contractual or legal claims. Health and assessment answers are not copied into that evidence store.

6. Your rights and complaints

To the extent permitted by law, you may request access, rectification, erasure, restriction, objection or portability. Where processing is based on consent, you may withdraw it; this does not affect the lawfulness of prior processing. Contact

info@grobbemindandperformance.com. You may also lodge a complaint with the Dutch Data Protection Authority.

7. Cookies and local storage

The website uses no own marketing pixels, extensive analytics, own `localStorage` or own `document.cookie`. The public introductory-call page opens Cal.com only when you select the booking link. Where a Cal.com calendar is loaded in the website after a separate acknowledgement step, Cal.com states that its product uses functional cookies for matters such as security and preferences and has no third-party advertising cookies. GMP does not load Cal.com marketing or tracking technology before that step.

8. Security and changes

GMP limits access and collection to what is needed for the processing. This Policy is version v1.0, effective 8 September 2026, with a language-specific PDF and SHA-256 hash. A new substantive version does not change the document version recorded for an existing Agreement.