

USER CONSENT DOCUMENT

Effective Date: May 9, 2026 **Document Version:** 2.0

This document sets out the consent language Tamreen should present inside the Platform. Required consent items must be accepted before account creation or the relevant feature begins. Optional consent items must not be bundled with required acceptance.

Required Registration Consents

- I have read and agree to Tamreen's Terms and Conditions.
- I have read Tamreen's Privacy Policy and understand how my Personal Data is collected, used, stored, shared, and protected.
- I have read and understood Tamreen's Health and Fitness Disclaimer.
- I understand that Tamreen content is not medical advice, diagnosis, treatment, or emergency care.
- I confirm that I am at least 16 years old, or that I am between 12 and 15 years old and my parent or legal guardian has reviewed and consented to my use of Tamreen through the approved guardian consent flow.
- I understand that Tamreen may create and retain Consent Records showing my acceptance of legal documents and consent prompts.

Fitness and Wellness Data Consent

- I consent to Tamreen collecting and processing the Fitness and Wellness Data that I enter or generate through the Platform for personalization, program delivery, progress tracking, and Platform operation.

Program-Specific Provider Sharing Consent

I consent to Tamreen sharing the Fitness and Wellness Data necessary to deliver this Program with the selected Service Provider for this Program only. I understand that I may withdraw this consent through account settings, and that withdrawal may affect personalization or provider support for the Program.

Optional Marketing and Tracking Consents

I consent to receiving marketing emails, promotions, newsletters, and content recommendations from Tamreen.

I consent to receiving promotional push notifications from Tamreen. Service notifications may still be sent where necessary.

I consent to Tamreen using analytics, advertising, and retargeting tools for personalized marketing, where such consent is required.

New Purchase and Three-Day Refund Window Consent

I understand that Tamreen does not offer a free trial, that my new paid Subscription or one-time Program purchase will begin charging immediately upon activation, and that I have three (3) calendar days from activation to request a full refund of that new purchase. I understand that this three-day window does not apply to renewals of an existing Subscription or to any charge that is not a brand-new Subscription or a brand-new Program purchase.

Recurring Billing Consent

I authorize Tamreen to charge my selected payment method on a recurring basis for the Subscription shown until I cancel. I understand that automatic renewal charges are not refundable except where required by Kuwait law, and that I must cancel before the renewal date to avoid being charged.

Per-Program Health Acknowledgment

For this specific Program, I confirm that I have read the Health and Fitness Disclaimer, that I am medically fit to participate, that I have obtained medical clearance where required by my condition, and that I understand the inherent risks of this Program. I will stop immediately and seek medical attention if I experience chest pain, severe shortness of breath, dizziness, fainting, irregular heartbeat, severe pain, sudden weakness, allergic reaction, or any symptom that causes concern. In an emergency I will call 112 and will not rely on Tamreen.

Parental or Guardian Consent (Ages 12–15)

The following consents must be completed by a parent or legal guardian before a User aged 12 to 15 may access the Platform. Tamreen may require verification documents (such as a copy of the guardian's Civil ID and proof of relationship) and an email or SMS verification step.

I confirm that I am the parent or legal guardian of the User named in this registration.

I have read the Terms and Conditions, Privacy Policy, Health and Fitness Disclaimer, and this User Consent on behalf of the minor User.

I consent to the minor User creating an Account, using age-appropriate Programs, and having their Fitness and Wellness Data processed as described in the Privacy Policy.

I understand that I am responsible for supervising the minor User's use of the Platform and may withdraw this consent at any time by contacting **legal@Mytamreen.com**, which will result in deactivation of the Account.

Sensitive Data — Explicit Consent

I give my explicit consent for Tamreen to process my Fitness and Wellness Data, including self-reported health information, as sensitive personal data under applicable Kuwaiti data protection law, for the purposes described in the Privacy Policy. I understand that this consent is separate from, and not bundled with, my acceptance of the Terms and Conditions.

Cookies and Tracking (Website)

Where the Tamreen website uses non-essential cookies or similar tracking technologies, a cookie banner will request granular consent for analytics, marketing, and similar categories. Essential cookies necessary to operate the website do not require consent. Detailed information is available in the Cookie and Tracking Policy.

Access to My Consent Records

I may request a copy of my Consent Records at any time by contacting legal@Mytamreen.com. The record will include the document version accepted, the timestamp, the consent method, and the account identifier.

Withdrawal

Users may withdraw any optional consent through Account settings or by contacting legal@Mytamreen.com. Required consents (such as the Terms and Conditions) cannot be withdrawn while the Account remains active; to stop processing, the User must close the Account. Withdrawal does not affect processing already completed before withdrawal.