

AI, Health, Nutrition & Fitness Disclaimer

Chick is built to help people understand direction, patterns, and better next decisions. This page explains the limits of AI estimates and health-related guidance in a direct but practical way.

Purpose of Chick

Last updated: 9 May 2026. This Disclaimer forms part of the Chick Terms of Use.

Chick helps users understand food, calories, protein, nutrients, movement, sleep, planning, weight trends, social eating, triggers, and progress. It is designed for everyday education, reflection, planning, and practical guidance.

The purpose is not to turn real life into a laboratory. The purpose is to help you see useful direction: what is generally lighter or heavier, higher or lower in protein, more or less filling, more or less suitable for your day, and more or less consistent with your goals.

Not medical or professional advice

Chick does not provide medical, nutritional, psychological, fitness, or other professional advice. Chick does not diagnose, treat, prevent, cure, monitor, or manage any disease, injury, eating disorder, mental health condition, or medical condition.

Chick does not replace a doctor, dietitian, nutritionist, personal trainer, therapist, pharmacist, or other qualified professional. You should not start, stop, or change medication, treatment, diet plans, exercise plans, or medical care because of Chick.

If you have symptoms, pain, injury, severe restriction, binge eating, purging, dizziness, fainting, chest pain, pregnancy concerns, diabetes concerns, allergic reactions, or any urgent health issue, seek appropriate professional or emergency help. Do not rely on Chick for emergencies.

AI can make mistakes

Chick uses AI and automated systems. AI can misunderstand text, photos, audio, portion sizes, brands, recipes, labels, routines, body context, goals, and user intent. AI can produce confident-sounding answers that are wrong.

AI outputs may be inaccurate, incomplete, inconsistent, biased, outdated, or unsuitable for your situation. They may also change as models, prompts, features, databases, and product logic improve over time.

You should treat Chick as a helpful assistant, not an authority that must be obeyed.

Nutrition and calorie estimates

Calories, protein, vitamins, minerals, macros, custom nutrients, serving sizes, and portion weights in Chick are estimates unless explicitly stated otherwise. Even official labels and restaurant nutrition data can vary. Home cooking, portion size, oil, sauces, cooking method, hidden ingredients, and recipe differences can change the numbers materially.

Chick tries to make estimates useful and reasonable, but it cannot guarantee exact values. The app is more useful when you use it to compare direction and build understanding than when you fight over

tiny differences that real life cannot measure perfectly.

For example, if a cake estimate is 100 calories but the real portion is 110, that difference may matter less than understanding that the cake is generally a different type of choice from a lean protein meal. Chick is built to help with that kind of practical understanding.

Photos, scans, and voice input

Photo, scan, and voice features depend on image quality, lighting, angle, packaging visibility, brand recognition, spoken clarity, background noise, and how much information you provide. A photo of food rarely proves exact ingredients, cooking method, hidden oils, portion weight, or recipe details.

When accuracy matters, check the product label, weigh or measure the food, use a trusted source, or manually adjust the entry. If Chick gives a result that does not look right, do not rely on it without checking.

Targets, weight trends, and progress reports

Calorie targets, protein targets, nutrient goals, weight trend explanations, trigger reports, daily briefs, grocery suggestions, next-meal ideas, social plans, and progress reports are decision-support tools. They are not guarantees and are not personalised medical prescriptions.

Weight can change because of water, salt, hormones, digestion, menstrual cycle, stress, sleep, training, medication, illness, alcohol, travel, and many other factors. A trend can be useful, but it is not the whole truth about health.

If a target or report feels unsafe, extreme, inappropriate, or worrying, stop using it and seek qualified advice.

Your responsibility when using Chick

You are responsible for your choices, your health, your safety, and how you use Chick. You should use common sense, check important information, correct entries where possible, and avoid using Chick in ways that are unsafe or obsessive.

If you are trying to manage a medical condition, pregnancy, eating disorder risk, underweight status, professional athletic plan, or other high-risk situation, use Chick only with qualified professional guidance.

You should not use Chick to encourage self-harm, extreme restriction, dangerous weight loss, disordered eating, over-exercise, dehydration, or avoidance of professional care.

Continuous improvement

Chick is improving over time. Models, prompts, food logic, nutrient data, reports, and features may change as we learn and develop the product. These changes may improve outputs, but they can also change how the app behaves.

User corrections and feedback are valuable. If something looks wrong, you may tell us or correct the information in the app where tools are available. However, feedback does not create a duty for us to change a feature, accept a correction, or guarantee future accuracy.

Acceptance

By using Chick, you accept that Chick provides guidance and estimates, that AI can make mistakes, and that you remain responsible for checking important information and making your own decisions.