Zone 1

- ☐ Use a strong device password
- ☐ Disable biometrics in risky areas
- ☐ Use strong account passwords
- ☐ Separate traffic across browsers
- ☐ Install a browser for Tor usage
- ☐ Use a privacy search engine
- ☐ Use a VPN (Possibly NetGuard)

- ☐ Use a private DNS (May be VPN)
- ☐ Implement minimalism (Less is more)
- ☐ Disable unused permissions/settings
- ☐ Lock your SIM card
- ☐ Enable automatic updates
- ☐ Do not root

Zone 2

- ☐ Switch to FOSS apps
- ☐ Use encrypted messengers
- ☐ Encrypt your emails
- ☐ Disable Google/Cloud features
- ☐ Use a password manager

- ☐ Implement two-factor-authentication
- ☐ Disable radios often (LTE, WiFi, BT, etc.)
- ☐ Utilize multiple user accounts
- ☐ Cover your cameras
- ☐ Use a privacy screen protector

Zone 3

- ☐ Disable GPS permanently
- ☐ Use faraday pouches and bags
- ☐ Sign out of Google and/or uninstall Google Play Services/Bloatware
- ☐ Obtain phone service with no personal information
- ☐ Snip cameras and mics
- ☐ Use a Custom ROM (CalyxOS and GrapheneOS most recommended)

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