



Zone 1 - 5 Points Each

- Use a password manager
 - Use strong device passwords
 - Use a strong router password
 - Use 2FA on available services
 - Disable Google tracking
 - Remove unused accounts
 - Utilize video social media rules
 - Use a good VPN
 - Use encrypted messaging
 - Use encrypted email
 - Use trusted web extensions
 - Use a privacy search engine
 - Frequently clear browser data
- Utilize browser protections
 - Opt out of phone tracking
 - Disable unused phone radios
 - Disable unused phone features
 - Opt out of computer tracking
 - Disable unused computer radios
 - Disable unused computer features
 - Clear device temporary data
 - Shred files & data
 - Backup your data
 - Avoid public computers
 - Avoid IOT & Smart Devices
 - Utilize a safe & shredder

Zone 2 - 6 Points Each

- Disable all biometrics
 - Delete Google altogether
 - Utilize pseudonyms
 - Use private phone numbers
 - Delete personal social media
 - Use video private/secure browsers
 - Utilize multiple browsers
 - Move to FOSS
 - Ditch type 1 Android
 - Protect computer BIOS
- Use full disk encryption
 - Spoof MAC address
 - Strip OS telemetry/functionality
 - Ditch Windows
 - Delete file metadata & EXIF
 - Implement home security
 - Use cable locks & intrusion kits
 - Ditch IOT & smart devices
 - Use privacy screen protectors
 - Use camera covers

Zone 3 - 7 Points Each

- Clean your digital footprint
 - Delete social media
 - Utilize hardened browsers
 - Utilize multiple browsers
 - Use Custom ROMs/Dumb Phones
- Use Private/Secure Desktop OS(s)
 - Shop privately
 - Physically remove cameras/mics
 - Avoid facial recognition/AI

Scoring

0-50	Weak
50-150	Below Average
150-220	Techlore Approved
220-300	Above & Beyond
300+	Techlore Max