



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
- 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