vamocles

Personal security review

10 checks / Rated and verified

Own your digital safety.

A practical check for life in the age of AI.

Name _____ Date _____

Choose one rating per check. Tick Verified after checking current settings, records or a test, even if your rating is low. Unsure? Leave it blank. If a whole check does not apply, use the comprehensive review. Return both pages.

1 Not in place | 2 Started | 3 Partly in place | 4 Mostly in place | 5 Every condition met

01 Do I check for weak, reused or leaked passwords?

Each account uses a unique, long password (aim for 16+ characters) or a passkey. Within 90 days, I used a trusted password manager's check and replaced weak, reused or leaked passwords promptly.

3 pts — Critical

Your rating ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

☐ Verified

02 Are key accounts protected beyond a password?

My main email, banking, social and password-manager accounts use passkeys or multifactor authentication (MFA) wherever offered.

3 pts — Critical

Your rating ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

☐ Verified

03 Do I choose "Sign in with Google" deliberately?

I know which services rely on Google, Apple or Microsoft sign-in. I protect that account with strong MFA, remove unused connections and check recovery options for critical services.

2 pts — High

Your rating ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

☐ Verified

04 Are my devices, apps and firmware up to date?

Phones, computers, routers, TVs and smart gadgets are supported and current. Within 30 days I checked apps and firmware, enabled available auto-updates and changed configurable default admin passwords.

2 pts — High

Your rating ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

☐ Verified

05 Do I verify links and urgent requests before acting?

On WhatsApp, Telegram, email and other platforms, I check unexpected links, files and requests for money or codes through a separate, trusted route.

2 pts — High

Your rating ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

☐ Verified

One account. Wider consequences.

A Google-account takeover may put linked services at risk; extra checks vary by service. A breach at a linked site does not automatically expose your Google password. Review shared sign-in deliberately and preserve recovery options.

Recover. Reduce exposure.

Use the same 1-5 scale. Complete and return both pages.

06 Can I restore my important files?

I keep a separate, protected backup and have restored a sample within 90 days. A lost device or deleted file would not erase every copy.

2 pts High

Your rating ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ Verified

07 Could I regain access if I lost my phone?

Recovery contacts are current; I have a recovery method independent of my phone. Within 30 days, I reviewed sign-ins and removed unfamiliar sessions where found.

2 pts High

Your rating ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ Verified

08 Do I check unfamiliar apps before signing in?

I check who runs unfamiliar apps, their privacy terms and requested access before sign-in, even if built by a friend or with AI. I keep sensitive data out of unapproved tools and review connections and settings every 90 days.

2 pts High

Your rating ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ Verified

09 Have I checked for breaches and public exposure?

Within 90 days, I checked my email addresses with a trusted breach service, searched my name and data-broker listings, and acted on findings. A clean result does not rule out a breach.

1 pt Routine

Your rating ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ Verified

10 Have I reviewed my social profiles and groups?

Within 90 days, I reviewed profile visibility, location sharing, group invites and app permissions, and addressed unsafe group settings where found.

1 pt Routine

Your rating ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ Verified

Verified progress

_____ /20

Progress on these checks, not a probability of being secure.

Assessor lookup / rating 1-5

Add earned points; round the final total to one decimal.

Weight	1	2	3	4	5
3 pts	0	0.75	1.5	2.25	3
2 pts	0	0.5	1	1.5	2
1 pt	0	0.25	0.5	0.75	1

Unverified, blank or multiple ratings earn 0 until reviewed.
Critical checks 1 and 2 below 5 or unverified take priority.

Assessed by _____ **Date** _____

Fix first _____ **Recheck** _____

Fill on screen or print at actual size. Totals are manual. Keep this form private; never enter passwords or codes.

NIST CISA FTC: privacy FTC: AI scams Google: links Google: sign-in Telegram NCSC: AI Backups Password Checkup Breach checks