



## Per-Platform Quick Tasks

- **Facebook** — Privacy Centre → Off-Facebook Activity → Disconnect future activity. Date done: \_\_\_\_\_
- **Instagram** — Account → Private. Tags → People I follow. Activity status → Off. Date: \_\_\_\_\_
- **X / Twitter** — Privacy → Protect posts. Photo tagging → People you follow. Discoverability off. Date: \_\_\_\_\_
- **LinkedIn** — Visibility → Anonymous. Connection requests filtered. Date: \_\_\_\_\_
- **TikTok** — Account → Private. Personalised ads → Off. Date: \_\_\_\_\_
- **Google** — myactivity.google.com → Web & App Activity Off. Location History Off. YouTube History Off. Date: \_\_\_\_\_
- **Apple** — Settings → Privacy → Tracking → Off. App Privacy Report → reviewed. Date: \_\_\_\_\_

## Browser Privacy

- Tracking protection set to Strict (Firefox / Brave / Edge).
- Third-party cookies blocked.
- Ad blocker installed (uBlock Origin or built-in).
- Unused extensions removed.
- Browser updated to latest version.

## Data Brokers Removed From

List the brokers you've manually opted out of, with dates:

- 1 \_\_\_\_\_ Date: \_\_\_\_\_
- 2 \_\_\_\_\_ Date: \_\_\_\_\_
- 3 \_\_\_\_\_ Date: \_\_\_\_\_
- 4 \_\_\_\_\_ Date: \_\_\_\_\_
- 5 \_\_\_\_\_ Date: \_\_\_\_\_
- 6 \_\_\_\_\_ Date: \_\_\_\_\_

## Subscription / Service

If using DeleteMe / Incogni / Optery: provider \_\_\_\_\_ · started \_\_\_\_\_

### TRY THE TOOL

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