

# Monthly Cybersecurity Review Worksheet

*Worksheet · 15 Minutes A Month. Compounding Wins.*

**Drift is the enemy. This monthly worksheet catches problems before they compound. Run it on the first Saturday of every month.**

**Month:** \_\_\_\_\_ **Year:** \_\_\_\_\_

## Account Health (5 Min)

Reused passwords remaining: \_\_\_\_\_ (last month: \_\_\_\_\_)

Weak passwords remaining: \_\_\_\_\_ (last month: \_\_\_\_\_)

Breached passwords found this month: \_\_\_\_\_

HIBP showed any new breaches? Y / N · Which: \_\_\_\_\_

Login alerts unfamiliar this month? Y / N · Notes: \_\_\_\_\_

## Device Health (3 Min)

All devices on latest OS? Y / N · Outliers: \_\_\_\_\_

Antivirus / endpoint protection up to date? Y / N

Backup ran in last 30 days? Y / N · Source: \_\_\_\_\_

Quick malware scan completed on primary device? Y / N

## Privacy Audit (3 Min)

Reviewed location-services on phone — anything suspicious? \_\_\_\_\_

Removed an unused app this month? Y / N · Which: \_\_\_\_\_

One platform privacy-audit completed this month: \_\_\_\_\_

### Family Coverage (2 Min)

Kids' parental control reports reviewed? Y / N

Anything notable: \_\_\_\_\_

Family member who needs help this month: \_\_\_\_\_

Elderly parent check-in done? Y / N · Date: \_\_\_\_\_

### Threat Awareness (2 Min)

Major breach this month I'm in: \_\_\_\_\_

New scam pattern noted: \_\_\_\_\_

Shared with family? Y / N

### This Month's Wins

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### This Month's Concerns

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### Next Month's Focus

One specific cybersecurity goal for next month: \_\_\_\_\_

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### Score Tracking

My monthly cyber-health score (1-10): \_\_\_\_\_

Trend over the last 3 months: \_\_\_\_\_

#### FREE COURSE

#### The 7-Day Cybersecurity Mastery Email Course.

One short email per day for a week. By Friday you'll have hardened email, passwords, MFA, devices, and your home network.

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