

Monthly Digital Security Checklist

Checklist · A 15-Minute Monthly Review That Stops Drift Before It Becomes A Breach.

Set a recurring calendar event for the first Saturday of every month. Run this checklist in 15 minutes. Catches drift, breaches, and bad habits before they compound.

Account Health (5 Min)

- Open password manager → run breach scan (Watchtower / Reports / Health).
- Fix the top 3 weak / reused / breached passwords.
- Review login alerts from this month — anything unfamiliar?
- Have I Been Pwned check on primary email — any new breaches?
- Review financial account login alerts.

Device Health (3 Min)

- All phones, tablets, laptops on latest OS version.
- Antivirus / endpoint protection updated.
- Backup ran in the last 30 days (verify, don't assume).
- Run a quick malware scan on the device you use most.

Privacy Audit (3 Min)

- Reviewed location-services list on phone — anything new and unjustified?
- Reviewed third-party apps connected to Google / Apple / Facebook / Microsoft accounts.
- Removed at least one app I haven't used in 30 days.
- Cleared cookies and site data older than 30 days from primary browser.

Family Coverage (2 Min)

- Kids' parental control reports reviewed.
- Family member's device updated if they've fallen behind.
- Quick check-in with elderly parents — any suspicious calls/emails this month?

Threat Awareness (2 Min)

- Skim a security newsletter (Krebs, Hacker News, Have I Been Pwned blog).
- Note any major breaches — am I or my family in any of them?
- Note any new scam patterns making the rounds — share with family if relevant.

Pro Move — Track your monthly score. Note one number per month: 'Reused passwords remaining.' Watch it drop. Compounding security wins.

READ NEXT

Why SMS-Based MFA Is Worse Than No MFA At All.

SIM-swap attacks bypass text-message 2FA in minutes. Here's what to use instead — and how to migrate every account in under 30 minutes.

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