

10-Minute Cyber Habits Scorecard

Answer 10 quick questions, add your score, and choose three habits to strengthen next.

10

MINUTES TO A
CLEARER NEXT STEP

Circle one score for each statement.

0 Not yet

1 Sometimes

2 Yes, consistently

#	Everyday cyber habit	0	1	2
1	I use a unique password - or a password manager - for each important account.	☐	☐	☐
2	Multi-factor authentication is turned on for my email, financial, and other important accounts.	☐	☐	☐
3	My phone, computer, apps, and web browser install security updates promptly.	☐	☐	☐
4	My important files are backed up somewhere separate from my main device.	☐	☐	☐
5	I pause and verify unexpected messages that ask for information, money, or urgent action.	☐	☐	☐
6	I avoid sensitive tasks on public Wi-Fi, or I use a trusted cellular connection or virtual private network.	☐	☐	☐
7	I limit personal details shared publicly on social media.	☐	☐	☐
8	My devices lock automatically and require a passcode, password, or biometrics.	☐	☐	☐
9	I can recognize common scam calls, texts, emails, and social messages.	☐	☐	☐
10	I know my first steps if an account or device is compromised.	☐	☐	☐

MY TOTAL SCORE

_____ / 20

0-7 Starting out

Choose one small fix and begin today.

8-14 Building habits

Strengthen the areas you do only sometimes.

15-20 Solid foundation

Keep practicing and review regularly.

My top 3 fixes

Start with the habits you scored lowest. Make each next step specific enough to do.

1. _____
2. _____
3. _____

Want help with your top three?

Request a Quick Cyber Checkup from Fee Yah Cee Zee.

feeyahceezee.com