

# 30 Day Home Cyber Improvement Plan

A calm monthly plan that spreads work into small sessions.

<b>Audience</b>	Families that need progress without pressure.
<b>Purpose</b>	Make cybersecurity feel manageable through weekly goals.
<b>Best use</b>	Use one or two actions per day. Do not try to finish everything at once.

## Week 1. Protect accounts

<input type="checkbox"/>	Secure email with a strong password and multifactor authentication.
<input type="checkbox"/>	Change three reused passwords.
<input type="checkbox"/>	Save recovery codes in a safe place.
<input type="checkbox"/>	Add bank and card alerts.

## Week 2. Update and clean devices

<input type="checkbox"/>	Turn on automatic updates.
<input type="checkbox"/>	Update browsers and apps.
<input type="checkbox"/>	Remove unused apps.
<input type="checkbox"/>	Run built in security scans.

## Week 3. Improve Wi Fi and smart devices

<input type="checkbox"/>	Change router admin password.
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<input type="checkbox"/>	Check Wi Fi security settings.
<input type="checkbox"/>	Create guest Wi Fi if possible.
<input type="checkbox"/>	Remove unknown devices.

## Week 4. Prepare for problems

<input type="checkbox"/>	Back up important files.
<input type="checkbox"/>	Write trusted support numbers.
<input type="checkbox"/>	Practice the stop verify report rule.
<input type="checkbox"/>	Review one case study and one toolkit guide together.

*Keep this guide near the device or account it protects. Small habits make a real difference when they are repeated.*