Track your progress while you

Step up your
cyber fitness

#CyberMonth2023

This Cyber Month, we're helping you work on your cyber fitness. If you're ready to get motivated and build your cyber safety muscles, this **progress tracker** can help you get started. Check off the boxes below as you follow along with us and strengthen your online security throughout the month.

Week 1
Warmup week

☐ ### Review Get Cyber Safe resources

Find helpful resources at GetCyberSafe.ca to learn more about cyber threats. Check out blog posts, infographics, videos and more to get started.

☐ ### Take the Cyber Fitness Assessment Quiz

Whether you're just starting your cyber security journey or you have experience with it, take the quiz to test your knowledge and see where you can make gains.

☐ ### Follow Get Cyber Safe on social media

Follow @GetCyberSafe on Twitter, LinkedIn, Facebook, Instagram and YouTube for the latest tips on cyber security to help you step up your cyber fitness!

Account workout

- ☐ **Enable multi-factor authentication (MFA)**

  Multi-factor authentication (MFA) adds an extra layer of security to your accounts and devices. A fingerprint, facial recognition, PIN and text verification are some authenticators you can use.

- ☐ **Use strong and unique passphrases for each account**

  Each of your accounts should have different and unique passwords to secure your information from credential stuffing. Use passphrases where available, since they are more secure than passwords and are easier to remember.

- ☐ **Learn to avoid phishing scams**

  Phishing is a common online scam used to steal personal and financial information. Stay safe by learning how to spot the signs in suspicious messages.

Week 3

Learning self-defense

John Smith

- ☐ **Install anti-virus software**

  Anti-virus software can help protect your devices from malware. Evaluate and determine which anti-virus software works best for you.

- ☐ **Use a virtual private network (VPN)**

  VPNs help secure data being sent and received. Make any network more secure by using a VPN and find one that's right for you.

- ☐ **Secure your Wi-Fi**

  Keep your network safe from cyber criminals by adding a guest network and changing your router's default username and password.
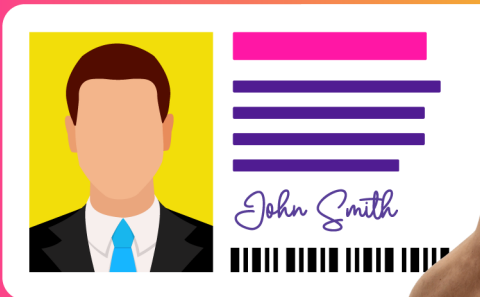
Maintaining muscle

☐ Use a password manager

Password managers offer you a convenient way to easily keep track of credentials for multiple accounts. Learn how to choose the best password manager for you.

☐ Enable automatic updates

Updates make your devices more secure while enhancing fun features. Set your updates to run automatically to keep your devices running smoothly.

☐ Back up your data

Start building the habit of regularly backing up your files to protect yourself against ransomware and avoid losing important data.

Week 5

Strength in numbers

☐ Discuss cyber security with your colleagues

Cyber security is a shared effort, especially at work where you transfer data, use connected devices and share a network. Motivate your colleagues by sharing your cyber security skills.

☐ Talk to your friends and family about getting cyber safe

Share everything you've learned this month with your friends and family so they can step up their cyber fitness, too.

☐ Retake the Cyber Fitness Assessment Quiz

Now that the month is drawing to a close, take the quiz again to see where you've improved and the target areas you can keep building on.

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