



Your 7-day digital security plan

Ten minutes a day, one job per day. Tick each day.



Day 1 Your email account first

- New password, at least 15 characters, used nowhere else.
- Turn on two-step verification.
- Why first: every “forgot password” link lands here.



Day 2 Put every password in one place

- Export the passwords from your browser or old password manager and bring them into your new vault. Add the ones in your notes by hand. Then delete the export file (and empty the bin).
- **SyncPass:** Settings → Import & Export; pick the CSV/JSON file from your browser or old password manager. The free version holds 15 items.



Day 3 Change the reused ones

- Start with your top 5: email, bank, mobile carrier, social, shopping.
- Change each one on the site first, then save it in the vault.
- **SyncPass:** the security score lists weak and reused passwords.



Day 4 Two-step verification

- Turn it on for banking, social and shopping.
- Pick an app or a passkey over SMS when offered.
- Save recovery codes.
- **SyncPass:** passkeys; 2FA codes with live countdown are **Premium**.



Day 5 Recovery options

- Check the recovery phone and email on important accounts; use an address you check often, not your sign-in email.
- Create SyncPass's recovery QR code in case you forget your master password, print it and keep it safe.



Day 6 Your phone

- Screen lock with a PIN that's hard to guess.
- Turn on remote find/lock/erase before you need it.
- Turn on automatic updates.



Day 7 Breach check and old accounts

- Check your passwords against known breaches and change any that show up.
- Close accounts you no longer use; if one can't be closed, change its password.
 - **SyncPass:** breach check is **Premium**; only the first 5 characters of a hash leave your phone.

After: 5 minutes a month. Look at your security score, add new accounts.

Get SyncPass · free for up to 15 items



Sources (accessed 19 Oct 2026)

1. NIST SP 800-63B-4, Digital Identity Guidelines: Authentication · pages.nist.gov/800-63-4/sp800-63b.html
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