



## Restrict Access

- ❑ **Use a strong, unique password - store securely** [How-To Link](#)
- ❑ **Change password if used on other accounts or if you think you've been hacked** [How-To Link](#)
- ❑ Restrict access to only those who need it

## Reduce Vulnerabilities

- ❑ Allow & install automatic Strava app updates
- ❑ Remove apps you don't need ([Click here](#) and click "Disconnect" from apps you don't need connected)
- ❑ Only use Strava on updated devices & web browsers free of malware

## Backup Data

- ❑ Download data to a secure device protected with strong, unique password [How-To Link "Download all your activities"](#)

## Avoid User-Initiated Attacks

- ❑ Block fake users ([How-To Link](#)) trying to friend you by verifying that you know them and they're legitimate Strava users (ask questions, do not give personal info).

## PRIVACY

For privacy settings related to safety and operational security see [Page 2](#)





## PRIVACY

(Click here for overview page)

### WANT TO:

- Prevent your routes contributing to a pattern map of your activities joined with other users
- Make your activities hidden to others (does NOT include Heatmap opt out)
- Hide your activity within a certain geographic radius
- Limit your group activity visibility to only those in your network
- Hide your activity from posts on social media
- Hide your Training Logs
- Hide my personal info (picture, name, gear, etc) from non-followers
- Hide your elevations

### DO THIS

- Click here and uncheck the box under "Heatmap"
- Click here and click the box under "Private Activities"
- Create a "Privacy Zone" (Click here)
- Enable "Group Activity Enhanced Privacy" (Click here)
- Disconnect social media accounts (Click here - click "Disable" for applicable accounts in lower right of page)
- Click here see "Training Log Sharing"
- Enable "Enhanced Privacy Mode" (Click here)
- Disable "Flyby" (Click here)



DOWNLOAD AT  
[enabldsecurity.com/cheat-sheets.html](http://enabldsecurity.com/cheat-sheets.html)



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