

FREE RESOURCE

TRACE & SHIELD

FIND WHAT'S EXPOSED. FIX WHAT'S EXPOSED.

Digital Footprint Audit

The 30-minute self-OSINT checklist — search yourself the way a stranger would, and find out what's actually exposed before someone else does.

8 sections · self-scoring · no signup required to use

START

HOW THIS WORKS

Give yourself five minutes before you even open the checklist. Search your name. Search your usernames. Search your email if you've ever used it publicly. Look at your own social media as if you know nothing about the person who posts there. Ask yourself: what could a stranger learn about me?

Don't just look at individual pieces of information — look at what can be *connected*. One old username, one background detail in a photo, one public phone number: none of those are a big deal on their own. What matters is what happens when someone lines them all up next to each other. That's where a real digital footprint starts to appear.

This checklist walks that same process in eight sections. For each item you find exposed, mark it and circle how serious it is — **Low**, **Medium**, or **High**. Leave it blank if you don't find anything. At the end, you'll total it into a rough Digital Exposure Score and know exactly where to start.

BEFORE YOU START

If anything you find while doing this raises a safety concern — someone is actively looking for you, or you're worried about a specific person finding your location — please don't wait on a checklist. The National Domestic Violence Hotline is available 24/7 at 1-800-799-7233, by text at 88788, or at thehotline.org.



Low — minor, low urgency



Medium — worth fixing soon



High — fix this first

01 IDENTITY

Start with the plainest possible search — your own name, the way anyone else would type it.

- ☐ **Search your full name**
Try it plain, then in quotation marks — quotes narrow results to that exact phrase. L M H
- ☐ **Search your name + your city**
This narrows results to people who actually know where you live. L M H
- ☐ **Search your name + your employer**
This is roughly what a recruiter, colleague, or client would see. L M H
- ☐ **Search variations of your name**
Nicknames, a maiden name, a middle name, common misspellings. L M H

A reused username is a fingerprint — it can link accounts you never meant to connect.

- ☐ **List every username you currently use**
Check where you've reused the same one across platforms. L M H
- ☐ **List old or retired usernames**
An account you stopped using doesn't disappear — it's usually still there. L M H
- ☐ **Search a username you use often**
Run it through a username-checker tool to see every platform it appears on at once. L M H
- ☐ **Check gaming and forum accounts**
Often forgotten, often still public, sometimes years old. L M H

- ☐ **Search your main email address**
In quotation marks, to catch exact matches. L M H
- ☐ **Search any old or personal addresses**
Anything you've ever used on a public form, forum, or signup. L M H
- ☐ **Check what accounts are registered to it**
Many "forgot password" screens will confirm an account exists without you logging in. L M H
- ☐ **Check breach exposure**
Run it through a reputable breach-checking tool. L M H

04 PHONE

- ☐ Search your phone number
In quotation marks. L M H
- ☐ Check if it's linked to public social accounts L M H
- ☐ Search old classifieds or marketplace ads
Craigslist, Facebook Marketplace, Kijiji — numbers linger in old listings for years. L M H
- ☐ Check business listings
If you've ever used it for freelance or side work. L M H

05 IMAGES

Your profile picture might reveal more than your face — the background matters.

- ☐ Reverse image search your current profile photo L M H
- ☐ Check older profile photos too L M H
People rarely update every platform at the same time.
- ☐ Look for other photos of you that you didn't post L M H
Tagged photos, group shots, photos posted by other people.
- ☐ Check backgrounds for location clues L M H
Street signs, landmarks, house numbers, distinctive storefronts.

Look at your own accounts as if you know nothing about the person posting. What does the pattern reveal?

- | | |
|--|---|
| ☐ Does it reveal your employer? | ☐ L ☐ M ☐ H |
| ☐ Does it reveal your neighborhood or home area? | ☐ L ☐ M ☐ H |
| ☐ Does it reveal family members' names or faces? | ☐ L ☐ M ☐ H |
| ☐ Does it reveal close friends or regular contacts? | ☐ L ☐ M ☐ H |
| ☐ Does it reveal your daily routine?
Gym times, commute, regular spots. | ☐ L ☐ M ☐ H |
| ☐ Does it reveal upcoming travel?
Posting before or during a trip signals an empty home. | ☐ L ☐ M ☐ H |
| ☐ Does it reveal places you visit often?
That coffee shop, that gym, that park. | ☐ L ☐ M ☐ H |

07 DATA BROKERS

These are the sites that package and resell your information — often legally, and often without you ever signing up.

- ☐ Search your name on a major people-search site
Whitepages, Spokeo, BeenVerified, and similar. L M H
- ☐ Check if your home address is listed L M H
- ☐ Check if family members are listed as "associated persons" L M H
- ☐ Note which sites you'll need to file opt-outs with
You'll need this list — opt-outs are a separate follow-up step, not something to rush here. L M H

08 YOUR EXPOSURE SCORE

Go back through what you marked. Count every circle: **L = 1 point, M = 2 points, H = 3 points.** Add them up for a rough Digital Exposure Score.

SECTION	L × 1	M × 2	H × 3	SUBTOTAL
01 — Identity				
02 — Usernames				
03 — Email				
04 — Phone				
05 — Images				
06 — Social media				
07 — Data brokers				
Total				

WHAT YOUR SCORE MEANS

0–15 — **Solid baseline.** A little cleanup, nothing urgent. **LOW**

16–35 — **Real room to tighten up.** Prioritize your High marks first. **MODERATE**

36+ — **Meaningful exposure.** Work through it systematically, one section at a time. **HIGH**

This is a rough self-assessment, not a scientific measurement — its real value is pointing you at your own highest-risk items first, not the exact number.

NEXT STEP

Finding what's exposed is half the job. **The Clean Slate Guide** walks through the other half — a fresh account setup, a clean photo migration, contact export, and a password manager, done right, part by part.

TRACE & SHIELD

Find what's exposed. Fix what's exposed. No fear-mongering, no jargon — just the steps.