



FREE SECURITY RESOURCE

WORDPRESS SECURITY QUICK CHECK

10 essential checks for a stronger WordPress foundation

USE THIS CHECK BEFORE YOU ASSUME YOUR SITE IS SECURE

A security plugin can be useful, but no single plugin is the whole security system. Use this quick check to review the layers around your WordPress site - updates, access, backups, hosting, monitoring, and recovery.



HOW TO USE IT

YES

You can verify the protection is in place.

NO

The item needs attention.

UNKNOWN

Treat it as a follow-up until you can verify it.

Educational checklist - not a guarantee against compromise.

THE 10-POINT QUICK CHECK

YES / NO / UNKNOWN

Website: _____ Date: _____ Reviewed by: _____

- | | | | | |
|-----------|---|----------------------------|----------------------------|----------------------------|
| 1 | HTTPS / SSL
The site loads over HTTPS and the certificate is valid without browser warnings. | ☐ Y | ☐ N | ☐ ? |
| 2 | WordPress Core Updates
WordPress core is current, or updates are deliberately managed and tested. | ☐ Y | ☐ N | ☐ ? |
| 3 | Plugin & Theme Updates
Active plugins and themes are maintained, current, and obtained from trusted sources. | ☐ Y | ☐ N | ☐ ? |
| 4 | Administrator Access
Admin accounts are limited to people who truly need them; old or unused accounts are removed. | ☐ Y | ☐ N | ☐ ? |
| 5 | Passwords & MFA
Privileged users use strong unique passwords, and multi-factor authentication is enabled where practical. | ☐ Y | ☐ N | ☐ ? |
| 6 | Backups & Restore Readiness
Automated backups cover files and database, are stored safely, and a restore path is known or tested. | ☐ Y | ☐ N | ☐ ? |
| 7 | Monitoring & Logging
The site has a reasonable way to detect suspicious activity, failures, or unexpected changes. | ☐ Y | ☐ N | ☐ ? |
| 8 | Hosting & Server Foundation
Hosting is maintained, supported, and provides an appropriate security and recovery foundation. | ☐ Y | ☐ N | ☐ ? |
| 9 | Forms & Data Handling
Forms use HTTPS, collect only needed information, have spam controls, and deliver messages reliably. | ☐ Y | ☐ N | ☐ ? |
| 10 | Recovery Plan
You know who will respond, where clean backups are, and what steps to take if the site is compromised. | ☐ Y | ☐ N | ☐ ? |

YOUR SECURITY SNAPSHOT

Use your answers to decide what deserves attention first.

YOUR SCORE

____ / 10

8-10 Strong foundation - keep maintaining it.

5-7 Needs attention - prioritize the weak layers.

0-4 Act now - build a recovery and hardening plan.

FLAG YOUR TOP THREE FOLLOW-UPS

1

2

3

7-DAY SECURITY RESET

Day 1: verify backups | Day 2: update inventory | Day 3: review admins | Day 4: enable MFA | Day 5: review monitoring | Day 6: test forms | Day 7: document recovery.

GO DEEPER WITH BOOK 1

WordPress Security From the Root Up

This quick check finds the weak layers. The full guide explains how hosting, updates, access control, backups, monitoring, secure development, and recovery work together as a complete security system.

SECURITY TOOLKIT

Book + practical tools

FREE ROOTED SECURITY PLUGIN

Put the checklist into practice with Rooted Security from Rooted Dev Studio. Download the free WordPress security plugin and add another practical layer to your site.

RootedDevStudio.com/rooted-security

Scan or visit the link to download the free plugin.



FREE DOWNLOAD

REFERENCE POINTS

Built around WordPress security guidance that emphasizes hardening, updates, backups, logging, and monitoring. Official references: developer.wordpress.org/advanced-administration/security/hardening/ and wordpress.org/documentation/article/plugins-themes-auto-updates/