HerCryptoClub — 7-Day Crypto Starter Kit

A calm, step-by-step plan for true beginners. Educational only. Not financial advice.

How to Use This Kit

- **Time needed:** ~15–20 minutes per day for 7 days.
- **Mindset:** Practice over profit. Learn safely, move slowly, document everything.
- **Tools:** phone + computer, password manager, authenticator app, a dedicated "crypto-only" email, a paper notebook (or print these pages).

Safety pledge: I will never share my recovery/seed phrase. I will not click exchange links from DMs. I will type official URLs myself and bookmark them.

Day 1 — Understand the Basics

Objective: Know the vocabulary so nothing feels mysterious next week.

Key ideas

- **Blockchain:** A shared ledger many computers agree on.
- **Coins vs. tokens:** Coins (e.g., BTC, ETH) have their own chains; tokens live on existing chains.
- **Why value exists:** Scarcity, utility, adoption, and secure transfer.

Do (15–20 min)

- Read a short explainer on **blockchain** and **wallets** (keep it under 5 minutes each).
- Write three terms you want to remember (e.g., wallet, seed phrase, gas fee).
- Note 1 question you still have.

Mini-check

- I can explain the difference between a **wallet** and an **exchange** in one sentence.
- I know that a **seed phrase** is the master key to a self-custody wallet.

Notes

- Terms to remember: _____
- My question: _____

Day 2 — Set Your Safety Defaults

Objective: Build protection against the most common beginner risks.

Core setup

- Turn on **2FA** (authenticator app) on your primary email.
- Create a **crypto-only email** for exchanges and wallets.
- Install and configure a **password manager**.

- Update your devices; set screen locks; disable auto-fill of sensitive data.

Phishing hygiene

- Always **type official URLs** yourself; then bookmark them.
- Ignore "urgent support" DMs. Real support never asks for your seed phrase.
- Double-check sender addresses and domain spelling.

Write this down

- Crypto-only email: _____
- Password manager master password hint (do not write the actual password): _____

Red flags

- Time-pressure, "guaranteed returns," requests for screenshots of your seed phrase.

Day 3 — Choose a Beginner-Friendly Exchange

Objective: Open an account where you can safely practice.

What to look for

- Clear, transparent fees.
- Simple KYC (identity verification) and robust help center.
- Education hub and responsive support.
- Public status/security pages.

Safety steps

- Verify the **official domain** by typing it manually.
- Bookmark it; only sign in from your bookmark.

KYC prep

- Government ID
- A recent proof of address (if required)

Action

- Create account and complete KYC.
- Locate the fee schedule and withdrawal info; jot links below.

My bookmarks/links

- Login: _____
- Fees: _____
- Withdrawals/limits: _____

Day 4 — Make a Tiny Test Buy ($10–$50)

Objective: Learn the flow (deposit → buy → review) without pressure.

Steps

- Deposit a small amount you can afford to lose.
- Buy a tiny amount of a major asset (practice, not profit).
- Record what you did and any fees.

Order types

- **Market:** buys at current price (simple for tiny tests).
- **Limit:** places an order at a set price.

Transaction log

- Date/Time: _____
- Asset/Amount: _____
- Fee paid: _____
- What felt confusing: _____

Day 5 — Wallet Types (Custodial vs. Self-Custody)

Objective: Understand where your crypto "lives" and who holds the keys.

Custodial (exchange) wallet

- Easy start, the company holds keys for you.

Self-custody wallet

- You hold the keys and the responsibility.

Hot vs. cold

- **Hot** = connected (mobile app/browser extension); **Cold** = offline (hardware)

Seed phrase rules

- Never share it. [ ] Never store it in cloud or screenshots. [ ] Back up on paper.

Networks & addresses

- Funds move on networks (e.g., Bitcoin, Ethereum). Addresses differ by network.
- Sending to the wrong network can mean **permanent loss**.

Action (read/prepare)

- Read the FAQ of a reputable self-custody wallet.
- Locate "how to back up seed phrase" instructions.

Inline Resource

Free A–Z Glossary (Beginner Edition) — 30 terms you'll see everywhere

1. Address — Your public destination for receiving funds.
2. Altcoin — Any crypto that is not Bitcoin.
3. Blockchain — A shared, tamper-resistant ledger.
4. Bridge — Tech for moving assets between chains.
5. Cold wallet — Offline storage (e.g., hardware device).
6. Confirmation — Network validation of a transaction.
7. Custodial — A third party holds your keys.
8. DApp — Decentralized application.
9. DeFi — Decentralized finance (apps on blockchains).
10. DEX — Decentralized exchange.
11. Gas fee — Payment to process actions on a network.
12. Hardware wallet — A physical device for self-custody.
13. Hot wallet — Connected to the internet.
14. KYC — Identity verification with an exchange.
15. NFT — Unique token (often for digital items).
16. Network — The blockchain your asset lives on.
17. Non-custodial — You hold the keys yourself.
18. Private key — Secret key that controls funds.
19. Public key — Shares with others to receive funds.
20. Recovery/seed phrase — 12–24 words to restore your wallet.
21. Rug pull — Project founders drain funds and vanish.
22. Slippage — Price move between order and execution.
23. Stablecoin — Token pegged to a currency (e.g., USD).
24. Swap — Exchange one token for another.
25. Test transaction — Tiny send to confirm details.
26. Volatility — Price movement up and down.
27. Wallet — Software/hardware that holds your keys.
28. Whitelist — Pre-approved list for access/sales.
29. Whitepaper — A project's technical document.
30. 2FA — Two-factor authentication for logins.

Day 6 — (Optional) Move a Tiny Amount to Self-Custody

Objective: Practice a safe, mini transfer so you're not learning under stress later.

Create wallet & back up

- Install a self-custody wallet (mobile or hardware).
- Generate new wallet; **write seed phrase on paper** (two copies).
- Store copies in two separate safe places.

Transfer a tiny amount

- Confirm the **network** matches on both sides.
- Copy/paste address; verify first/last 4 characters.

- Send a small test transaction ($5–$10).
- Track confirmations and final receipt.

Transfer log

- Date/Time: _____
- From (exchange): _____ Network: _____
- To (wallet): _____ Network: _____
- Amount/Fee: _____ TxID (if visible): _____
- Result/Notes: _____

Storage tips

- Keep seed phrases physically separate from devices.
- Consider a fire/water-resistant storage option.

Day 7 — Set a Simple Routine

Objective: Build a habit that keeps you safe, calm, and consistent.

Weekly 15-minute checklist

- Re-scan security: 2FA on, device updated, bookmarks only.
- Learn one new term or feature.
- Review your notes and clarify one confusion.
- Journal one insight and one next action.

Define your personal policy

- My "why" (purpose): _____
- My max monthly learning budget (can afford to lose): _____
- My no-go rules (e.g., no DMs, no screenshots of seed phrase): _____

Unsubscribe from noise

- Curate 1–2 calm education sources and mute hypey feeds.

Quick Reference — Security Checklist (Print)

- 2FA enabled on email, exchange(s), password manager.
- Unique, long passwords in a password manager.
- Bookmarked official exchange URLs.
- Device OS/apps up to date; screen locks on.
- Seed phrase backed up on paper; never cloud/screenshot.
- Never share seed phrase. Support will never ask for it.

Quick Reference — Transfer Pre-Flight (Print)

- Correct **asset** and **network** selected.
- Address pasted; first/last 4 checked.
- Tiny **test transaction** first.
- Wait for confirmations before sending more.

Red Flags & Support Imposters (Print)

- Promises of **guaranteed returns**.
- **Time pressure**: "act now or miss out!"
- Requests for seed phrase, private key, or screenshots.
- Fake support agents in DMs; spoofed emails/domains.

If nervous: Stop. Breathe. Re-read this kit. Ask in an official help center.

Printable — Wallet Backup Cards (Do **not** fill with real words here)

Recovery/Seed Phrase Practice Card

- Wallet name: _____
- Network: _____
- Recovery phrase location(s): _____
- Copy A stored at: _____
- Copy B stored at: _____
- Access instructions for family (if needed): _____

When creating a **real** seed phrase in your wallet, write the exact words on paper cards that are stored securely. Never take photos. Never upload to cloud.

Emergency Plan (Print)

If phone/computer is lost or compromised

1. Revoke sessions/log out all devices via your email and exchange account settings.
2. Rotate passwords in your password manager.
3. For self-custody wallets, restore using seed phrase on a clean device only.
4. Consider moving funds to a fresh wallet with a new seed phrase.

If you revealed your seed phrase

- Immediately create a new wallet and transfer funds out.
- Treat the old wallet as compromised forever.

Personal Crypto Policy (Optional Template)

Purpose: _____
 Learning budget (monthly): _____
 Time commitment (weekly): _____
 No-go rules: _____

Allowed actions: _____

Review date (monthly): _____

You've Got This

Small steps. Safety first. Skills compound. When you're ready, revisit Days 5–6 and repeat transfers with confidence.

Educational only. Not financial advice.