

My Logins and Passwords

Keep this sheet at home, somewhere safe, like a locked drawer. Not in your wallet, purse or car.

Before you fill it in

- Use a different password for every account.
- Longer is stronger. Three unrelated words strung together make a good password.
- For bank and card accounts, write a hint only. Some banks may not refund fraud losses if you wrote down their password.
- Never photograph or email this sheet. Tell one person you trust where it is kept.

Account	Username or email	Password	Notes
Email			
Apple ID or Google account			
Phone company			
Medicare.gov			
Streaming or TV account			
Bank (hint only)			
Credit card (hint only)			
Pharmacy			
Doctor's online portal			
Amazon			
Facebook			

For information only. Based on guidance from CISA (cisa.gov) and the UK NCSC (ncsc.gov.uk).



My Devices and Wi-Fi

The codes you need most often, in one place.

Device	Passcode or PIN	Notes
Phone		
Tablet		
Computer sign in		
TV or streaming device		

Home Wi-Fi

Network name _____

Wi-Fi password _____

If I get locked out of my email

Phone number on the account _____

Backup email address _____

Who knows where this sheet is kept

Name _____ Phone _____

Keep your official documents together

- Keep originals in one safe place at home, like a locked fireproof box: Social Security card, driver license or ID, passport, birth certificate, Medicare and insurance cards, will.
- Keep copies elsewhere too, including a secure online copy protected by a password and 2-step verification.
- Tell one person you trust where they are. Never write these numbers on this sheet.

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