Password Tracker Worksheet

Development 360 Academy
For Total Self Development

DO'S& DONT'S OF SETTING UP A PASSWORD

Do's	Dont's
✔ Use a combination of upper and lowercase letters, numbers, and special characters	✘ Use easily guessable passwords such as "password" or "123456"
✔ Use a unique password for each account	✘ Use the same password for multiple accounts
✔ Make your password at least 12 characters long	✘ Use short passwords that are easy to guess or crack
✔ Keep your password confidential and avoid sharing it with anyone, including friends and family	✘ Use personal information such as your name, birthdate, or address as part of your password
✔ Use passphrases or a combination of unrelated words to make passwords memorable and secure	✘ Use well-known quotes or song lyrics as passwords that can be easily guessed
✔ Enable two-factor authentication (2FA) whenever possible	✘ Use public computers or unsecured Wi-Fi networks to enter passwords

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PASSWORD TRACKER

WEBSITE	USERNAME	PASSWORD

BACKUP KEYS SAFEHOUSE
2-FACTOR AUTHENTICATION BACKUP KEYS SAFE HOUSE

USERNAME	
WEBSITE	
KEYS	1) 2) 3) 4)

USERNAME	
WEBSITE	
KEYS	1) 2) 3) 4)