

Password & Account Log

A paper index of the accounts you own – hints and recovery details, not passwords.

Read this before you write anything.

Do not write full passwords on paper that lives on your desk. Use this page as an **index**: which accounts exist, which email they are tied to, whether two-factor is on, and a hint only you would understand. Keep it somewhere private – a locked drawer or a safe – and use a password manager for the actual credentials.

Accounts

SERVICE	LOGIN EMAIL / USERNAME	HINT (NOT THE PASSWORD)	2FA ON?	RECOVERY METHOD

Recovery essentials

PRIMARY RECOVERY EMAIL

RECOVERY PHONE

Review this page whenever you change your main email or phone number. A recovery route that points at a dead address is worse than none.