Digital Accounts Sheet (no passwords)

For: _____

Date: _____

Never write passwords or PINs on this sheet. Record the account, who the provider is and how someone would get access in an emergency (password manager, sealed envelope held by a named person, or a legacy contact).

Account or device	Provider	Who has access plan	Notes
Main email			
Phone			
Banking portal			
Government portals			
Photos and files			
Social media			
Password manager / sealed envelope			

Do not share one-time codes with anyone. A bank or government agency will never ask for them. When a call or message creates urgency: PAUSE. DISCONNECT. CONFIRM.