FIELD SHEET

ACCOUNT RECOVERY PLAN

The day the phone disappears, this sheet is what gets you back in.

YOUR ESSENTIAL ACCOUNTS — ONE PER LINE

ACCOUNT	SECOND FACTOR USED	CODES PRINTED?	LAST TESTED
Primary email			
Bank			
Password manager			
Document storage			
Main social account			
Mobile carrier			
Work account			
Other			

WHAT IS STORED OFF THE PHONE

Where the printed backup codes are: _____

Where the second security key is: _____

Backup email address: _____

REMINDERS

- The master password is memorised, never stored. It's the only thing to keep in your head.
- Disable the SMS fallback: without that, your security is worth your carrier's.
- Test a recovery without your phone once a year. Write the date, or you never will.