Healthy Passwords

Password Planning Worksheet

http://www.healthypasswords.com/

Site	Site Abbv	User Name	Risk Level	Password
	71000		2010.	

Strong Password Characteristics

At least 10 Characters
mix case | Use Some Numbers | Use Some Symbols | No Dictionary Words | Limited Char. Substitution

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Ingredient List

Remember that you need three main ingredients:

- 1. High-risk sites like financial institutions need a top quality main ingredient.
- 2. Moderate sites can use a lesser quality main ingredient.
- 3. Sharing breads, condiments, and spices is ok.
- 4. You should underline spices (capital letters).
- 5. Expiration date codes should be incorporated for all high-risk sites.
- 6. It's always safest to adopt a short-hand, but when you're just starting, keeping it simple is sometimes better.

Туре	Highest	High Risk	Medium Risk
Bread (top)			
Bread (bottom)			
Main Ingredient			
Condiments (leading)			
Condiments (Trailing)			
Expiration code			

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