# Password Planning Worksheet

![Image of a table for password planning with columns for Site, Site Abbv, User Name, Risk Level, and Password.](http://www.healthypasswords.com/)

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**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.

<table>
<thead>
<tr>
<th>Type</th>
<th>Highest</th>
<th>High Risk</th>
<th>Medium Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread (top)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread (bottom)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Main Ingredient</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Condiments (leading)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Condiments (Trailing)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Expiration code</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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