

THIS LOGBOOK BELONGS TO

IT IS OF COURSE
CONFIDENTIAL

The "I didn't know" and "I
was just having a look" won't
save you in the great court
of personal data.

Close that notebook and
back away slowly...
a little bit more...

🛡️ How to choose a good password?

A good password is long, complex and unique. Here are a few tips :

- ✓ Uses at least 12 characters
- ✓ Combines uppercase and lowercase letters, numbers and symbols
- ✗ Avoid common words, first names, dates of birth, etc.
- ✓ Create phrases that are easy to remember, such as:
ILoveChocolate!@16h
- ✓ Use a different password for each site
- ✓ Update your passwords regularly

💡 Tip: use this notebook to write down your passwords securely. You can also write down personal hints instead of the exact password.

A

 WEBSITE: _____

 EMAIL ADDRESS: _____

 USERNAME: _____

 PASSWORDS (with dates if changed):

 NOTES : _____

 WEBSITE: _____

 EMAIL ADDRESS: _____

 USERNAME: _____

 PASSWORDS (with dates if changed):

 NOTES : _____

 WEBSITE: _____

 EMAIL ADDRESS: _____

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