

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: _____

 USERNAME: _____

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