Password Inventory Worksheet

Worksheet · List Every Account, Its Password Status, And Its Tier.

You can't manage what you don't measure. Fill in this worksheet once, save it inside your password manager's Secure Notes, and revisit quarterly.

How To Use

1. Open your password manager. Every saved login = one row below.
2. Search inbox for 'welcome to,' 'verify your email' — add anything not already in your manager.
3. **Tier 1 — Critical:** email, bank, brokerage, password manager, primary cloud.
4. **Tier 2 — Important:** social, work, healthcare, retail with payment saved.
5. **Tier 3 — Throwaway:** forums, retail one-offs, deletion candidates.
6. Mark MFA: A=Authenticator app, S=SMS, H=Hardware key, N=None.
7. Save this worksheet in your password manager's Secure Notes (NOT in email or cloud drive).

My Account Inventory

#	Service	Login email	MFA type	Last password change	Tier

#	Service	Login email	MFA type	Last password change	Tier

My Account Inventory (Cont.)

#	Service	Login email	MFA type	Last password change	Tier

Summary

Total accounts: ____ · Tier 1: ____ · Tier 2: ____ · Tier 3: ____

Accounts using SMS-only MFA (migrate these first): ____

Accounts with no MFA at all (urgent): ____

Tier 3 accounts to delete this quarter: ____

DID YOU KNOW?

1 In 4 Americans Reuses A Password Across 5+ Sites.

If yours is one of them, a single breach exposes your whole life. The fix is the password manager you've been putting off — Day 9 of our 30-Day Sprint walks you through it.

Visit Making Sense Of Security →