



Kamloops
Home Tech

Private hints. Clear recovery paths.

My digital notebook

A little help for future-you, kept somewhere safe.



Use unique passwords and two-step verification. This notebook supports your recovery plan.



Before you begin

A little help for future-you.

Use this notebook for private hints and recovery paths, so you can find your way back to an account.

Useful to record

Account name, sign-in email, a private memory hint, recovery phone or email, where backup codes are safely stored, and a review date.

Keep out of the notebook

Full passwords, one-time verification codes, security-answer responses, and banking PINs.

Make each hint private.

A useful hint makes sense to you without revealing the password to someone else. Avoid birthdays, addresses, pet names, or a formula that shows how a password is built.

☐ Would a stranger guess the answer?

☐ Could I make this hint more private?

www.simplyhometech.ca



Account record 01

Help future-you remember.

Service / website / app

I usually sign in with

My private hint

A hint should remind you without revealing the password. Avoid birthdays, addresses, pet names, or a formula that shows how the password is built.

Recovery details

Recovery email / phone

Two-step verification

☐ On

☐ Not yet

☐ Not available

Verification usually goes to

Backup codes are stored

Last reviewed

Keep out: full passwords, one-time verification codes, security-answer responses, and banking PINs.



Account record 02

Help future-you remember.

Service / website / app

I usually sign in with

My private hint

A hint should remind you without revealing the password. Avoid birthdays, addresses, pet names, or a formula that shows how the password is built.

Recovery details

Recovery email / phone

Two-step verification

☐ On

☐ Not yet

☐ Not available

Verification usually goes to

Backup codes are stored

Last reviewed

Keep out: full passwords, one-time verification codes, security-answer responses, and banking PINs.



Account record 03

Help future-you remember.

Service / website / app

I usually sign in with

My private hint

A hint should remind you without revealing the password. Avoid birthdays, addresses, pet names, or a formula that shows how the password is built.

Recovery details

Recovery email / phone

Two-step verification

☐ On

☐ Not yet

☐ Not available

Verification usually goes to

Backup codes are stored

Last reviewed

Keep out: full passwords, one-time verification codes, security-answer responses, and banking PINs.



Account record 04

Help future-you remember.

Service / website / app

I usually sign in with

My private hint

A hint should remind you without revealing the password. Avoid birthdays, addresses, pet names, or a formula that shows how the password is built.

Recovery details

Recovery email / phone

Two-step verification

☐ On

☐ Not yet

☐ Not available

Verification usually goes to

Backup codes are stored

Last reviewed

Keep out: full passwords, one-time verification codes, security-answer responses, and banking PINs.



Account record 05

Help future-you remember.

Service / website / app

I usually sign in with

My private hint

A hint should remind you without revealing the password. Avoid birthdays, addresses, pet names, or a formula that shows how the password is built.

Recovery details

Recovery email / phone

Two-step verification

☐ On

☐ Not yet

☐ Not available

Verification usually goes to

Backup codes are stored

Last reviewed

Keep out: full passwords, one-time verification codes, security-answer responses, and banking PINs.



Account record 06

Help future-you remember.

Service / website / app

I usually sign in with

My private hint

A hint should remind you without revealing the password. Avoid birthdays, addresses, pet names, or a formula that shows how the password is built.

Recovery details

Recovery email / phone

Two-step verification

☐ On

☐ Not yet

☐ Not available

Verification usually goes to

Backup codes are stored

Last reviewed

Keep out: full passwords, one-time verification codes, security-answer responses, and banking PINs.



Pocket hint cards

Private hints to keep.

Use private hints, not passwords or codes. Keep these cards in a separate, secure place.

Hint card 1

Account

Memory category

☐ Place

☐ Phrase

☐ Object

☐ Event

☐ Other

Private reminder

Where I recover this account

Hint card 2

Account

Memory category

☐ Place

☐ Phrase

☐ Object

☐ Event

☐ Other

Private reminder

Where I recover this account

Cut on the dotted lines. Print at actual size.

www.simplyhometech.ca