

Before you can plan for anything, you need to know what exists. Most people vastly underestimate the size of their digital footprint. The average person has well over 100 online accounts. For every account, record the service name, your username/email, and what the account is used for. **Do not put passwords in this list** -- that is handled separately.

Email Accounts

Primary personal email (Gmail, Outlook, Yahoo, ProtonMail, etc.)

Secondary/backup email accounts

Work or professional email accounts

Legacy email accounts you still have but rarely use

Email aliases or forwarding addresses

Additional Email Accounts accounts / notes:

Financial & Banking

Bank accounts (checking, savings, money market)

Credit card accounts and portals

Investment and brokerage accounts

Retirement accounts (401k, IRA portals)

Cryptocurrency wallets, exchanges, and DeFi accounts

Payment platforms (PayPal, Venmo, Zelle, Cash App, Apple Pay, Google Pay)

Tax preparation services (TurboTax, H&R Block, etc.)

Peer-to-peer lending or crowdfunding accounts

Buy Now Pay Later accounts (Affirm, Klarna, Afterpay)

Additional Financial & Banking accounts / notes:

Social Media & Communication

Facebook / Meta

Instagram

X (Twitter)

LinkedIn

TikTok

Snapchat

Reddit

YouTube (if separate from Google)

Threads, Bluesky, Mastodon, or other newer platforms

Discord servers (especially if you own/admin any)

WhatsApp, Signal, Telegram

Dating apps (if applicable)

Forums or community boards you participate in

Additional Social Media & Communication accounts / notes:

Cloud Storage & Photos

Google Drive / Google Photos

iCloud / Apple Photos

Dropbox

OneDrive

Box

Amazon Photos

Other cloud backup services (Backblaze, Carbonite, etc.)

Photo printing/book services with stored photos (Shutterfly, Mixbook, etc.)

Additional Cloud Storage & Photos accounts / notes:

Subscriptions & Recurring Services

Streaming video (Netflix, Hulu, Disney+, Max, Paramount+, etc.)

Streaming music (Spotify, Apple Music, Amazon Music, Tidal, etc.)

News and media subscriptions (NYT, WSJ, Substack, etc.)

Software subscriptions (Adobe, Microsoft 365, etc.)

Gaming subscriptions (PlayStation Plus, Xbox Game Pass, Steam, etc.)

Meal kit or grocery delivery (HelloFresh, Instacart, etc.)

Fitness and health apps (Peloton, gym memberships, meditation apps)

AI services (ChatGPT Plus, Claude Pro, Midjourney, etc.)

VPN services

Domain registrations and website hosting

Cloud computing services (AWS, Azure, Google Cloud)

Additional Subscriptions & Recurring Services accounts / notes:

Shopping & E-Commerce

Amazon

eBay

Etsy

Walmart, Target, and other retail accounts

Grocery delivery accounts

Any accounts with stored payment methods or shipping addresses

Additional Shopping & E-Commerce accounts / notes:

Healthcare & Insurance Portals

Health insurance portal

Medicare/Medicaid portals

MyChart or other patient portals

Pharmacy accounts (CVS, Walgreens, mail-order)

Dental, vision, and specialist portals

Life insurance online portals

FSA/HSA account portals

Mental health app accounts (BetterHelp, Talkspace, etc.)

Additional Healthcare & Insurance Portals accounts / notes:

Government & Official Accounts

Social Security Administration (ssa.gov / my Social Security)

IRS account (irs.gov)

State tax portal

DMV / driver's license renewal portal

Veterans Affairs (va.gov) if applicable

USPS Informed Delivery

Voter registration portal

TSA PreCheck / Global Entry / CLEAR

Passport renewal portal

Login.gov and/or ID.me accounts

Additional Government & Official Accounts accounts / notes:

Smart Home, IoT & Connected Devices

Smart home hub accounts (Google Home, Alexa, HomeKit, SmartThings)

Smart thermostat (Nest, Ecobee)

Security cameras and doorbells (Ring, Nest, Wyze, Arlo, SimpliSafe)

Smart locks and garage door openers

Robot vacuums (iRobot, Roborock)

Smart lighting (Hue, LIFX)

Vehicle accounts and connected car apps (Tesla, FordPass, OnStar, etc.)

Pet tech (smart feeders, GPS trackers, vet portals)

Wearables (Fitbit, Garmin, Whoop, Apple Watch health data)

Additional Smart Home, IoT & Connected Devices accounts / notes:

Professional & Business

Professional licenses with online portals

Business accounts you own or administer

Freelance platform accounts (Upwork, Fiverr, etc.)

Domain names you own (and which registrar)

Websites or blogs you maintain

Professional association memberships

CRM or business tool logins

Intellectual property registrations

Additional Professional & Business accounts / notes:

Loyalty Programs & Rewards

Airline miles accounts

Hotel loyalty programs

Credit card rewards portals

Retail loyalty programs with stored value

Cashback programs (Rakuten, Ibotta, etc.)

Additional Loyalty Programs & Rewards accounts / notes:

Digital Content & Purchases

E-books (Kindle, Nook, Kobo)

Digital music purchases (iTunes, Amazon)

Digital movie/TV purchases

Video game libraries (Steam, PlayStation, Xbox, Nintendo, Epic, GOG)

App purchases (iOS App Store, Google Play)

NFTs or digital collectibles (if applicable)

Additional Digital Content & Purchases accounts / notes:

Important: Most digital content (e-books, music, movies, apps) is licensed, not owned. This means it generally cannot be transferred or inherited. Your family may lose access to your Kindle library, iTunes purchases, etc.