Seed phrase backup and safety checklist (PDF)

UXS · https://uxs.nz/crypto/what-is-a-seed-phrase/ · 2026-11-10 · Educational only, not financial advice

Print this checklist, not your words. Keep it with your records.

Before writing the backup

- [ ] Wallet app installed from the official source
- [ ] No cameras, screen recording or remote access running
- [ ] Pen and paper or metal plate ready, offline

Backup record (do not write the words here)

Wallet name and type _____

Number of words (12 / 24) and passphrase used? (yes / no) _____

Date backup created and tested _____

Location of copy 1 (description only) _____

Location of copy 2 (description only) _____

Red flags

- [ ] Anyone asking for the words, for any reason
- [ ] A website that wants the words to "validate", "sync" or "claim"
- [ ] A support agent who contacts you first
- [ ] A pre-filled seed phrase card in a new device package

Sources: Bitcoin Improvement Proposal 39 (BIP-39): Mnemonic code for generating deterministic keys; FINRA: Crypto assets, learn more; SEC Investor.gov: Crypto assets; CFTC: Understand the risks of virtual currency trading. Full explanation and links: https://uxs.nz/crypto/what-is-a-seed-phrase/

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