My Apple Backup Checklist

Write down **where** things are saved. Never write passwords on this sheet.

1. My Apple Account

- [ ] Apple Account email _____
- [ ] Trusted phone number _____
- [ ] Legacy Contact _____
- [ ] 2FA codes in Apple Passwords _____
- [ ] Password stored at _____
- [ ] Recovery Contact _____
- [ ] Apple Passwords on all devices _____
- [ ] Bank and health logins saved _____

2. My iCloud Plan

- [ ] Plan size _____
- [ ] Family Sharing organizer _____
- [ ] Apple One or iCloud+ _____
- [ ] Storage used _____

3. My Devices

- [ ] **iPhone** Backs up to / last backup _____
- [ ] **iPad** Backs up to / last backup _____
- [ ] **Apple Watch** Paired to iPhone _____
- [ ] **Mac / iMac** Time Machine drive _____
- [ ] **Second drive** Kept at / last updated _____
- [ ] **Photos download** Last saved to drive _____

4. New Device Steps

- [ ] Back up and check the date
- [ ] Use Quick Start or Migration Assistant
- [ ] Sign in to bank and health apps
- [ ] Test 2FA codes
- [ ] Sign out, erase, remove device
- [ ] Update both devices
- [ ] Restore Apple Watch
- [ ] Add Apple Pay cards again
- [ ] Keep old device 2 weeks
- [ ] Unpair Watch before erasing iPhone

5. My Schedule

- [ ] **Weekly** Check iPhone last backup date
- [ ] **Monthly** Check iPad, plug in Mac drive
- [ ] **Every few months** Update second drive, computer backup of iPhone
- [ ] **Yearly** Download photos to a drive, test a restore
- [ ] **Before changes** Back up before updates, repairs, trips, trade-ins