

CTS1132 Lab 9.1

Windows Backup

Items needed

- Windows 7 with a user that is a member of the Administrators group and enough unallocated space to backup Windows 7 libraries.

Instructions for K10

1. Start Virtual Box and login to CTS1327Win7_01 as Student01.
2. From the unallocated space, create a simple volume formatted NTFS.
3. Backup the folders for Student01 to the new volume.
4. Make sure the Backup will run every Friday at 11PM and take a screen shot of the “Set up backup” window where you set the backup schedule and save as **LastnameLab9_1.png**.

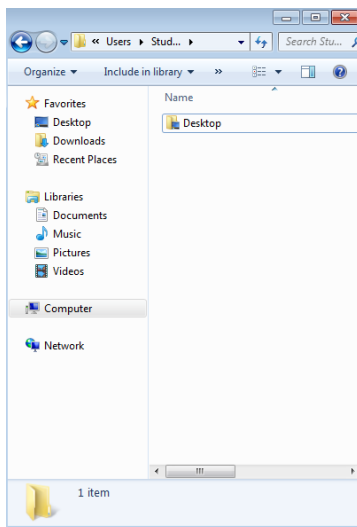
Run backup on a schedule (recommended)

How often:

What day:

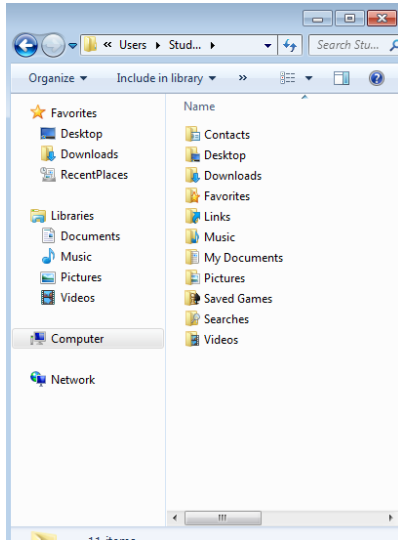
What time:

5. Close Backup and Restore.
6. Browse to Student01’s folders and delete all but the Desktop folder and take a screen shot and save as **LastnameLab9_2.png**. See below.



Name: _____ Date: _____

7. Restore all of Student01's folders from backup and take a screenshot and save as **LastnameLab9_3.png**. See below.



8. Upload the screenshots to Angel.