Windows Backup Solutions

Back up using File History
- Type File History in the search box   Select Backup settings (under best match)
- Connect an external drive or flash drive
- Select Add a drive
  - When the drive is found, select it.
- Under the switch for turning on Automatically back up my files, click More options

  - Select the desired frequency of backups and how long to keep them or leave the default settings
  - Add folders or exclude folders from the backups or leave the default settings.
  - Note you can change to a different drive by clicking Stop using drive and then go back to Add a drive (after connecting the new drive) to start over.

Restore a file using File History
- Type File History in the search box
- Select Backup settings
- Click More options
- Scroll to bottom and select Restore files from a current backup
- Select the file
- Click the round green button to Restore to original location.
- Note that you can page backward or forward to find an older or newer version of the file if they exist.

File History in File Explorer
- Select a file from a location or folder
- Click on the File History icon in the ribbon menu at the top (above Open)

Create a System Image Backup
- Type system image in the search box
- Select Backup settings
- Under looking for an older backup click on Go to Backup & Restore (Windows 7)
- Click on Create a System Image
- Select where to save the backup

Create a Restore Point
- Type create a restore point in the search box
- Click on Create a Restore Point - Control Panel under best match
- If the Protection setting is not on for the local disk C: (system) select it and click on Configure and turn system protection on.
- Adjust the maximum usage slider to provide around 5 GB and click OK.
- Click Create if you want to create a new restore point at this time, otherwise one will be created automatically prior to any significant system changes.

Restore System Settings to an Earlier Restore Point
> Click System Restore and then Next to see the list of restore points available to choose from.

Backup Folders Using OneDrive (Cloud backup)
> Open the OneDrive app
> Sign in using a Microsoft account
> Click on Help & Settings
> Click on Settings
> Click the Backup tab
> Click on Manage backup
> Click Start Backup
> Note that OneDrive folders will show in File Explorer in recent versions of Windows 10

Other Backup Solutions
> Other cloud backup services
>> Google
>> DropBox
>> Carbonite
>> Backblaze
>> Acronis True Image
> Other backup programs using external drive
>> Acronis True Image
>> Macrium Reflect
>> EaseUS Todo Backup
>> Paragon Backup & Recovery

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