

Backup and Recover your entire system for free!

With Paragon Backup & Recovery™ 10.2 Free Edition

Part 1

A simple but very effective set-and-forget method of implementing a backup and recovery solution for your home computer system.

This document is written based on Version 10.2 build 9169 (01.12.09) Free Edition
Previously available as a free offering from the Paragon Software Group for non-commercial use

Supported Operating Systems:

Windows 2000/XP/Vista/7 and XP SP2/Vista/7 64-bit

Disclaimer

This guide is being offered here as a free service to our supporters. A significant amount of time and effort has been put in to bring you this solution and it is known to work. We cannot however accept liability for any consequential loss of data or your system as a result of you using this guide.

Follow all instructions carefully and always ensure you have a point of recovery to return to in case you encounter difficulties when implementing this process.

Guide starts here:

1. Create the BootCD:

The software install includes the ability to create a bootable recovery disc.

It is critical that you create this disc asap and store it somewhere safe for when needed.

2. Set up your backup location:

2.1 Create a folder location to store your Backups eg.

X:\ Paragon BR10 Backups\Partition Images

where x: is your assigned hard drive letter.

Note -For best protection this folder location should be on a secondary internal (Non-system) HDD or an external attached HDD.

3. Set your regional settings:

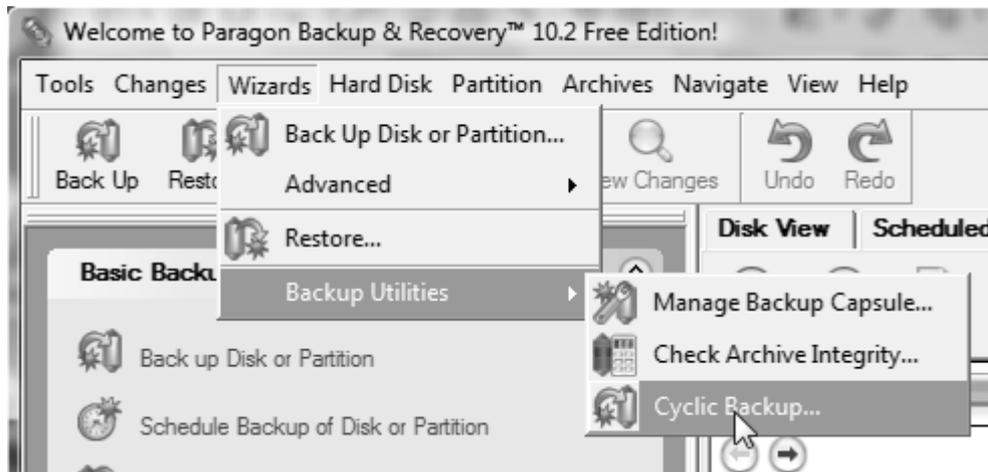
3.1 Change the program's setting to reflect your correct time-zone! This will ensure correct scheduling and time/date stamping of the backup.

From within the B&R 10.2 software program..

Select the 'File system conversion options' option under Tools>Settings.. on the main menu.

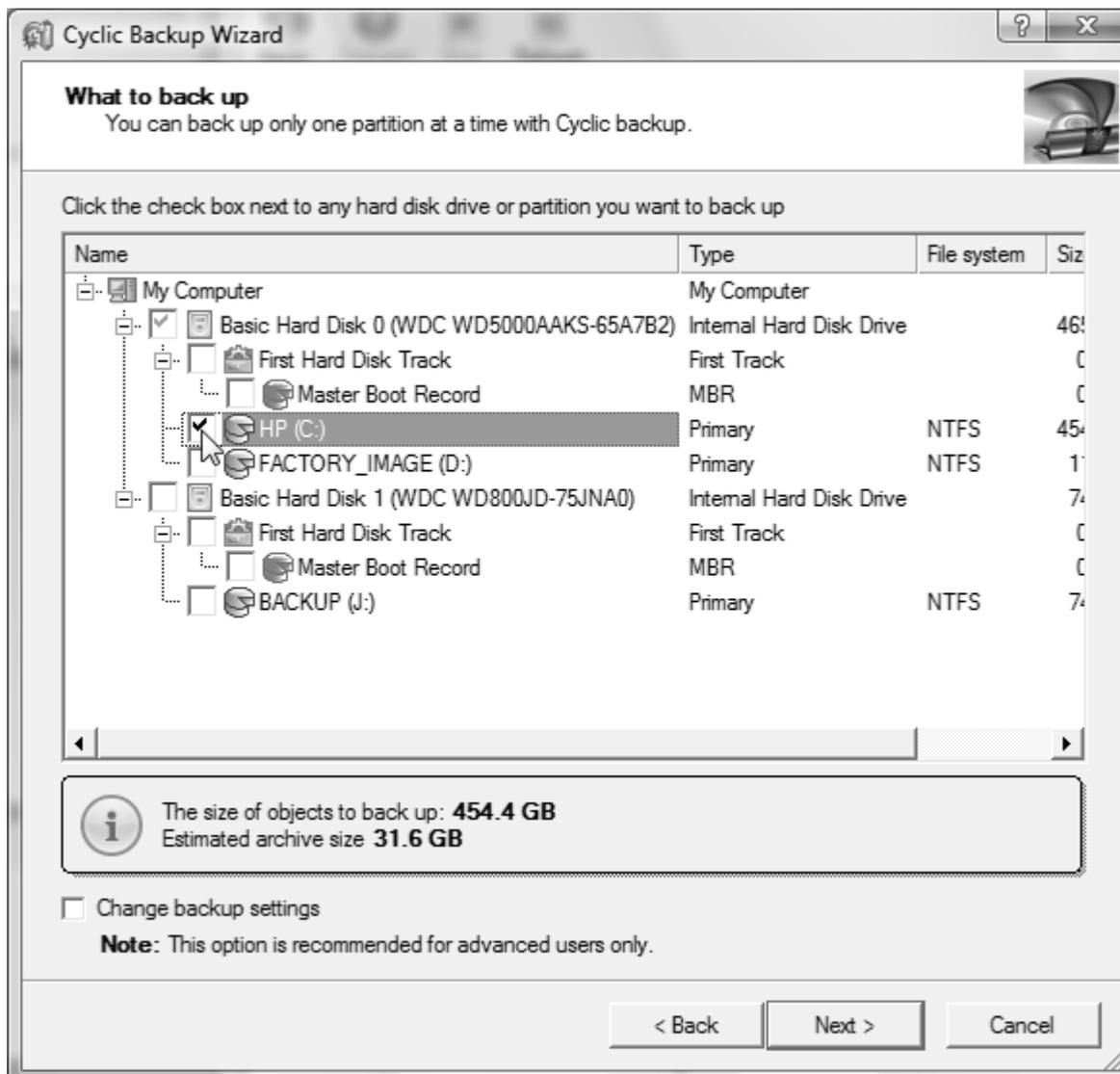
4. Schedule the backup:

4.1 Select the 'Cyclic Backup' option from the Wizards menu

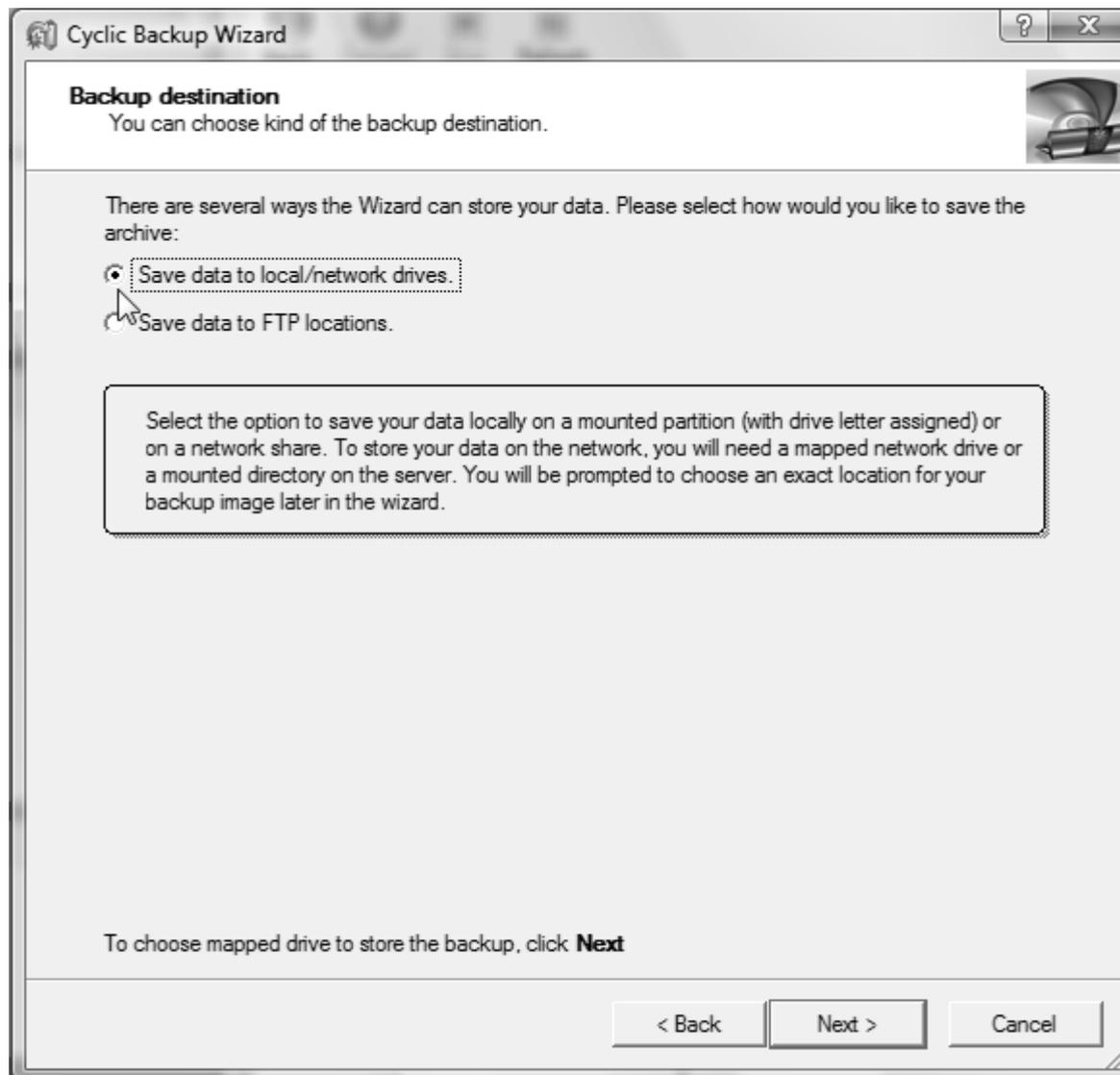


4.2 Select 'Next' at the Welcome screen

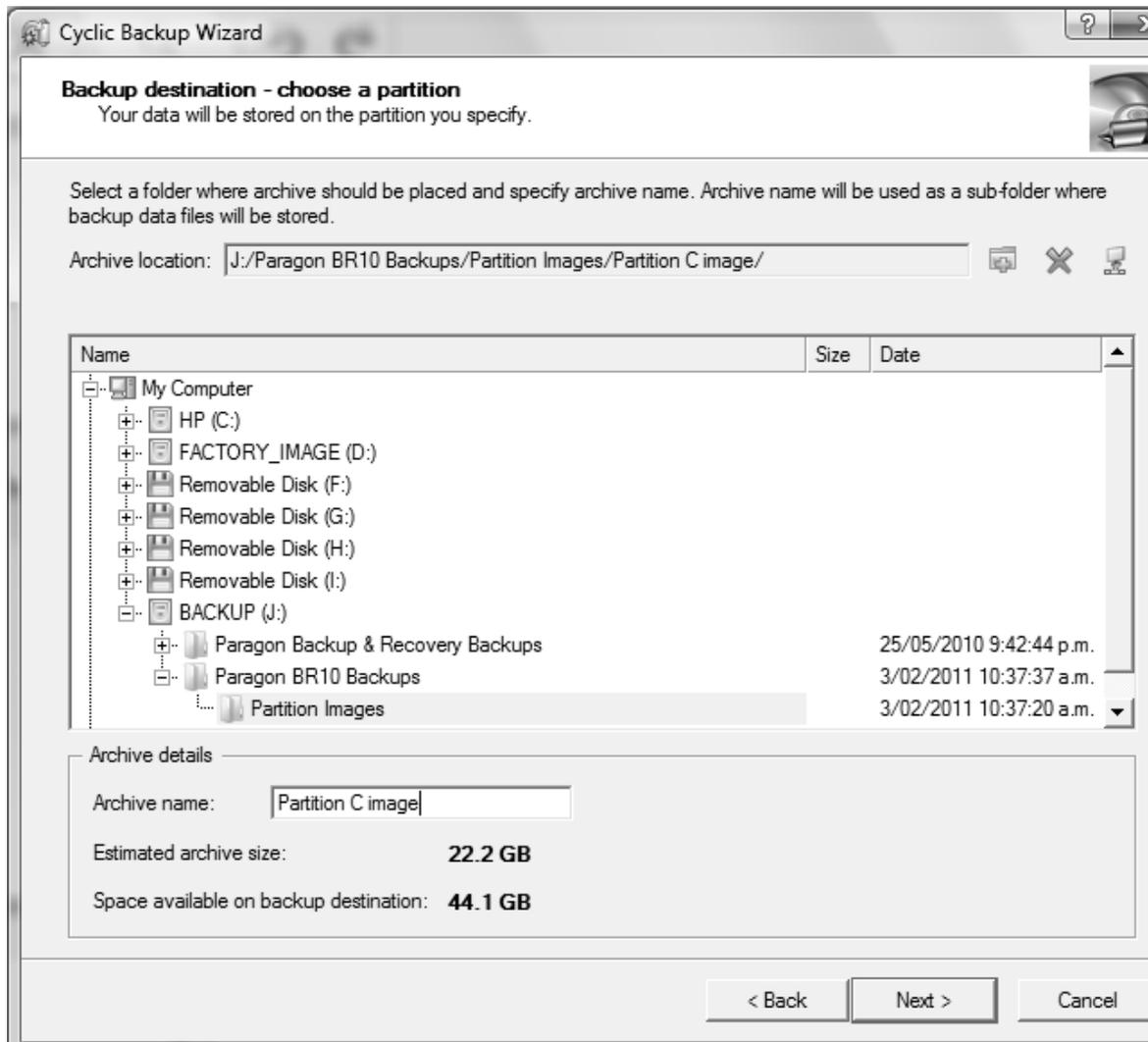
4.3 Select your system partition to be backed up and then select 'Next'



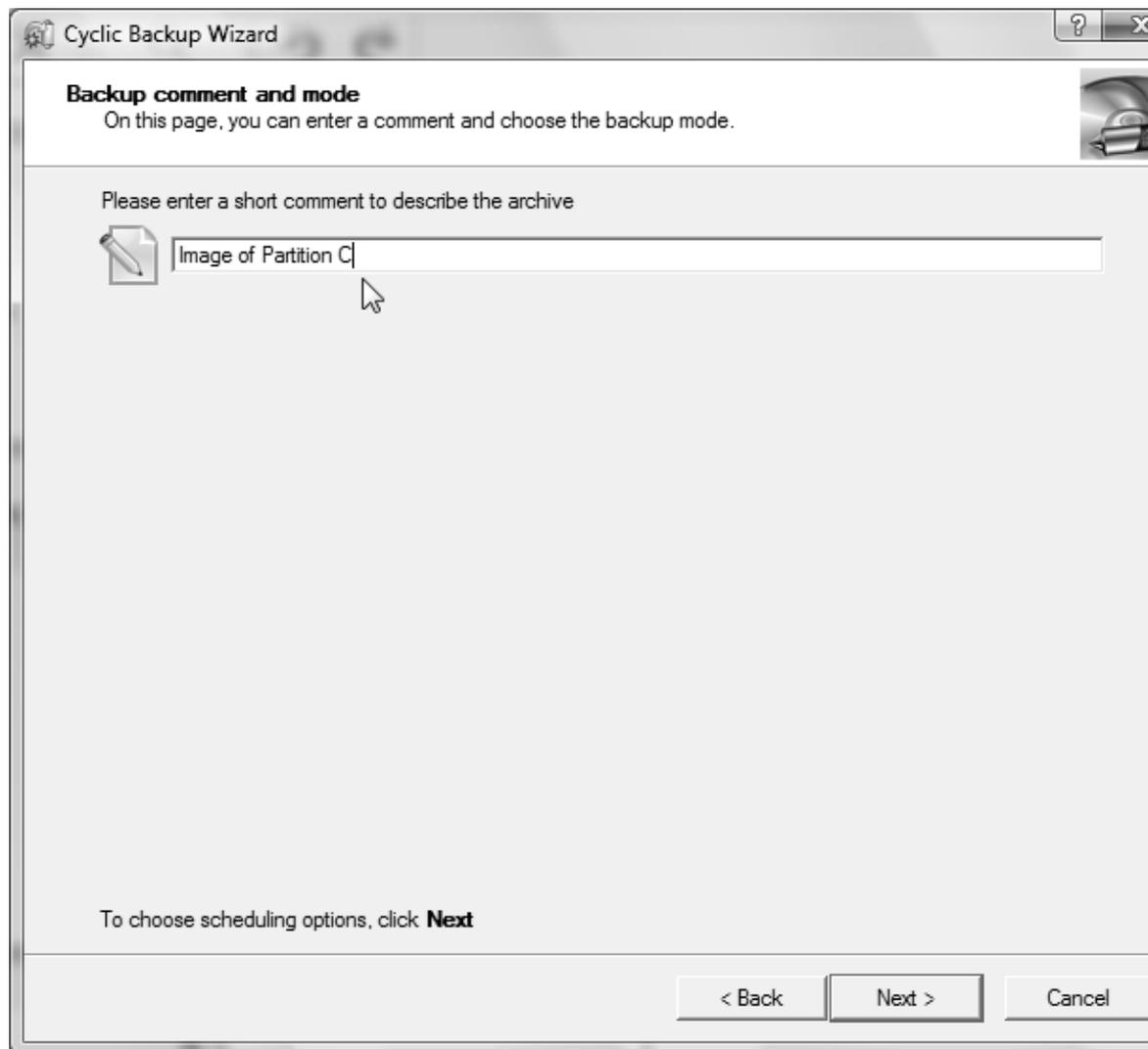
4.4 Select your backup destination (where the backup will be sent) and then select 'Next'



4.5 Select your Backup location (where your backup will be stored), change the 'Archive Name' entry in the Archive Details panel to something meaningful (e.g. 'Partition C Image' and then select 'Next'



4.6 Add a comment to attach to your Backup and select 'Next' to schedule the backup.



4.7 Enter the scheduling parameters and select 'Next'

The screenshot shows the 'Scheduler' step of the 'Cyclic Backup Wizard'. The window title is 'Cyclic Backup Wizard' and it has standard Windows window controls. The main heading is 'Scheduler' with a sub-heading 'This page allows you to schedule backup process.' Below this, the instruction reads 'Please specify how and when would you like to perform the task:'. A clock icon is next to a dropdown menu set to 'Weekly'. There are two checkboxes: 'Shutdown system after backup' (unchecked) and 'Generate unique names for scheduled backups' (checked). The 'Run the task on:' section has a date dropdown set to '04/02/2011' and a time dropdown set to '08:30 a.m.'. The 'Every' section shows a dropdown set to '1' week(s) on, with checkboxes for days of the week: Monday (unchecked), Tuesday (unchecked), Wednesday (unchecked), Thursday (unchecked), Friday (checked), Saturday (unchecked), and Sunday (unchecked). A 'Do not run the task after:' checkbox is unchecked, with a date dropdown set to '04/02/2011'. At the bottom, there is a link 'Specify user name and password.' and three buttons: '< Back', 'Next >', and 'Cancel'.

Scheduler
This page allows you to schedule backup process.

Please specify how and when would you like to perform the task:

Weekly

Shutdown system after backup

Generate unique names for scheduled backups

Run the task on:

04/02/2011 at 08:30 a.m.

Every

1 week(s) on:

Monday Friday

Tuesday Saturday

Wednesday Sunday

Thursday

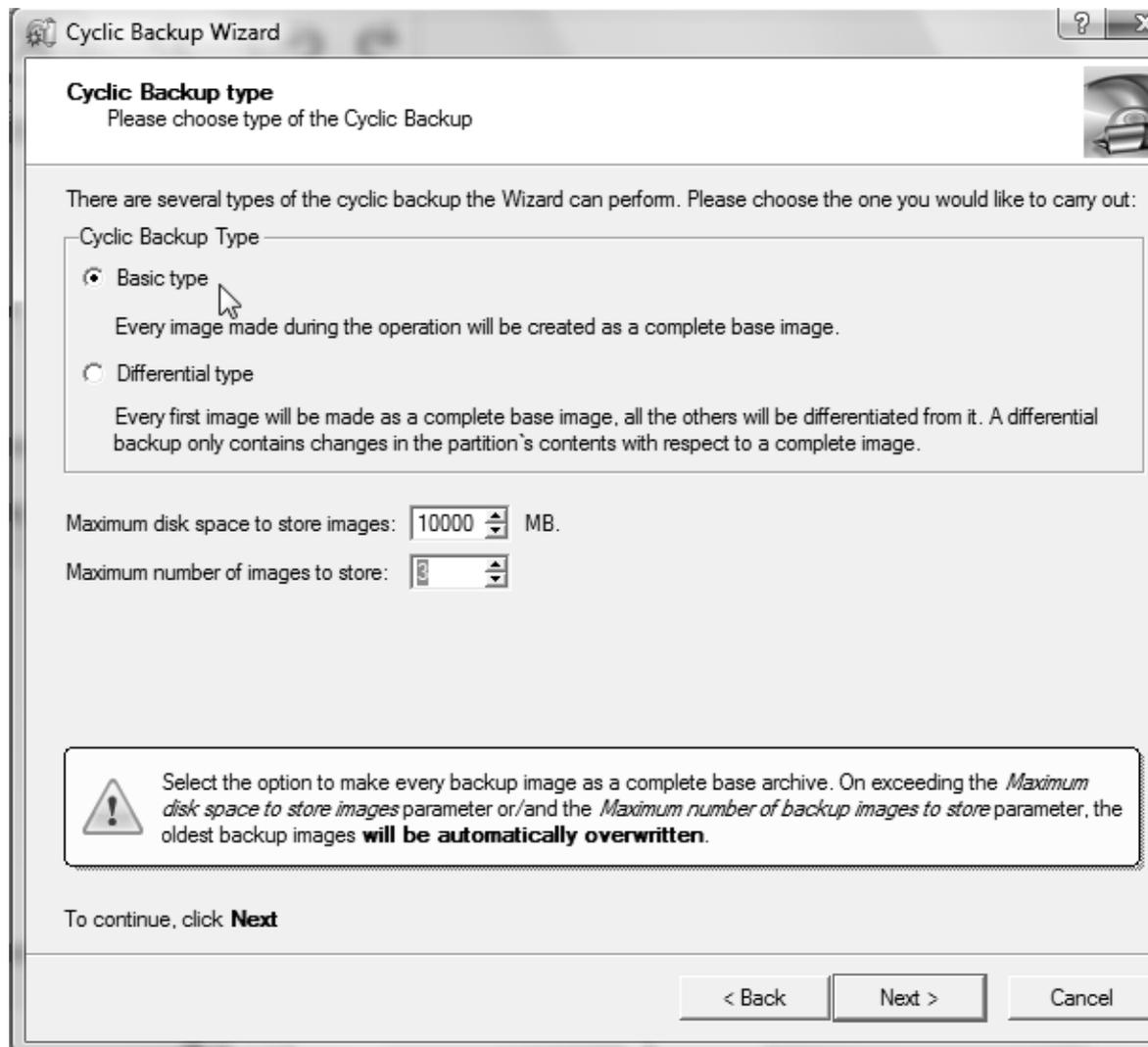
Do not run the task after:

04/02/2011

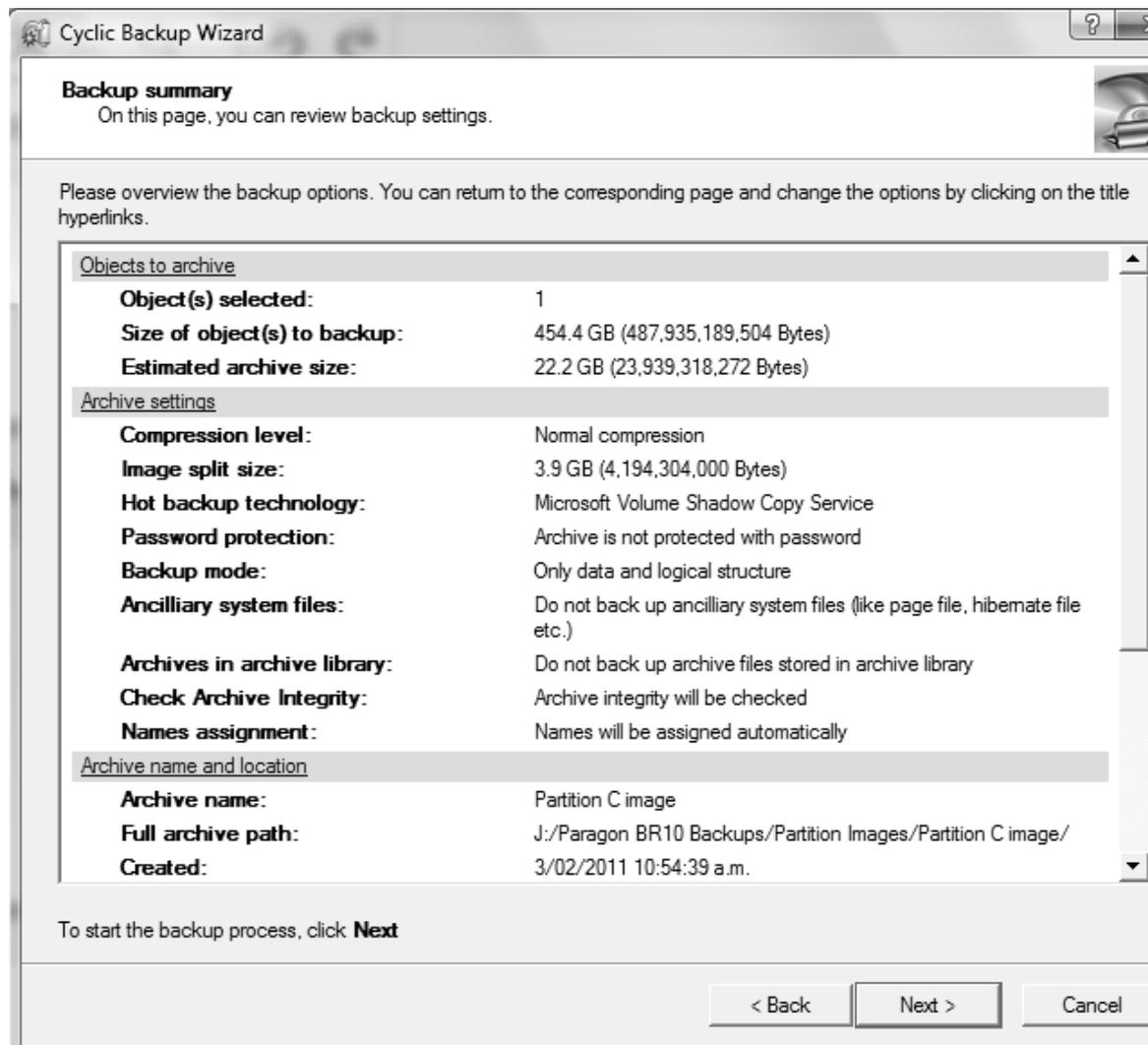
[Specify user name and password.](#)

< Back Next > Cancel

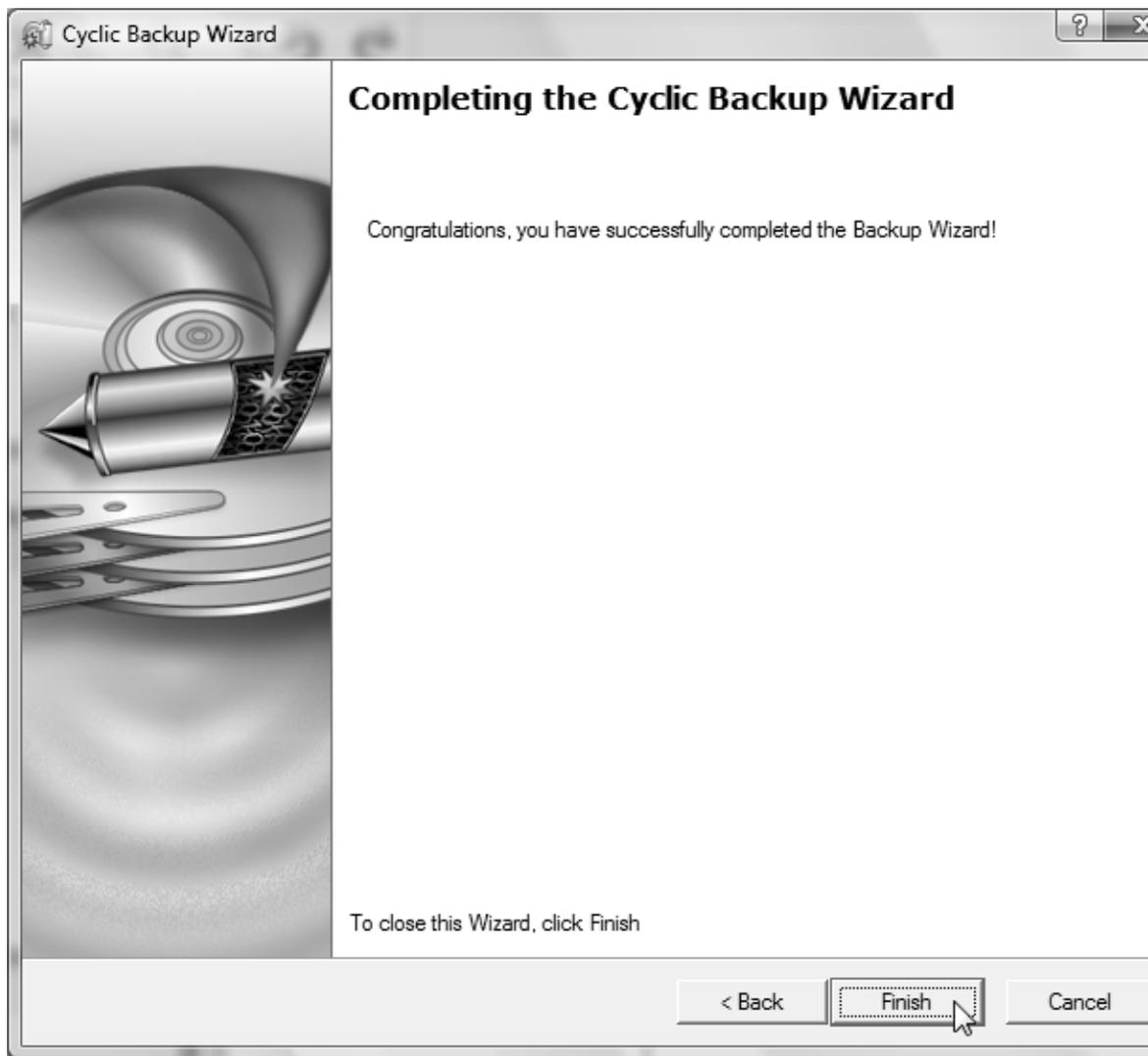
4.8 Enter the Cyclic backup options – specifically the number of backup generations to retain on your system at any one time. Select ‘Next’.



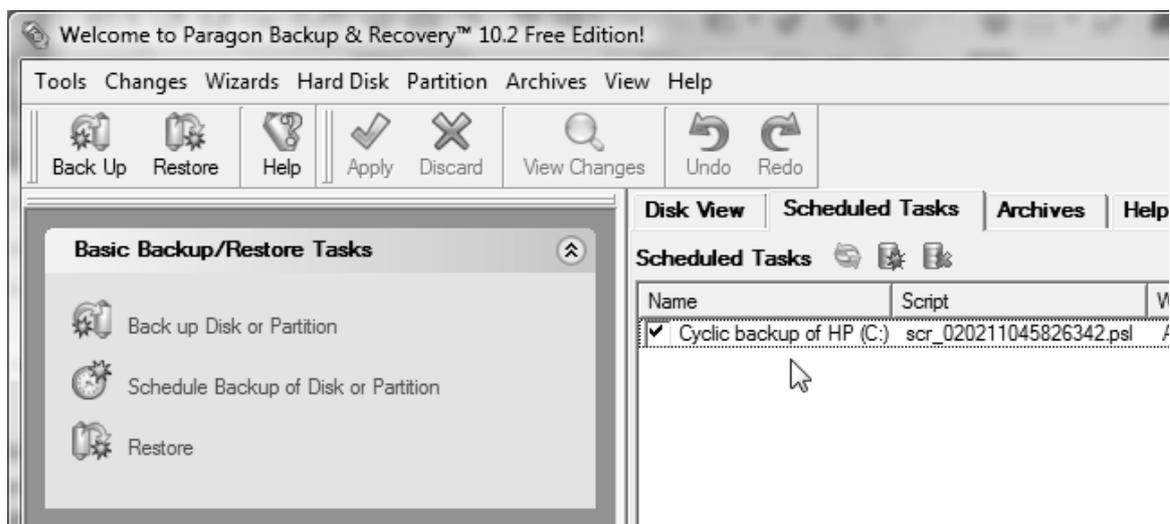
4.9 Verify settings on the summary backup process you have just scheduled. Select 'Back' to modify or 'Next' to continue.



4.10 Select 'Finish' at the completion screen



4.11 Check the scheduled entry appears in the 'Scheduled Tasks' tab on the software's main screen



Congratulations! The System Backup is now set to run on a recurring schedule on the date & time you specified, keeping three (or as specified) generations of backup on your system at any one time.

Reminder: If you have not already done so - create and store the BootCD !