

How to Back Up Your WordPress Site Automatically (For Free)

by [Plugin Poets](#)





One of the common problems
WordPress users experience is data loss.

In the next pages, we'll show you why
having a backup is important and how to
back up your WordPress site automatically
for free! Let's get started...

Why should you backup your WordPress site?

Saves you time,
because you won't
have to recreate
everything from
scratch

Backup data gives
you peace of mind
against data loss

Lost data costs a lot
of money

Data can be
restored with just a
few clicks.

How to backup your WordPress site for free?

Most WordPress site owners use a plugin called “UpdraftPlus” to backup their sites for free.



What is UpdraftPlus?

UpdraftPlus is the most popular plugin used for data backup tested on more than 1 million sites.

We use it ourselves. :-)



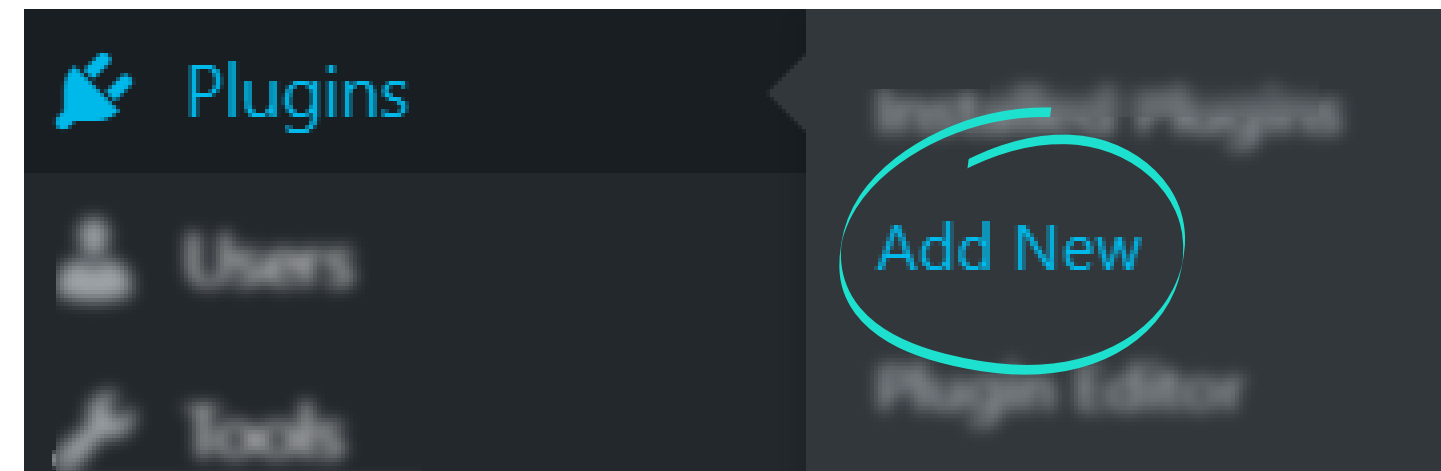
With UpdraftPlus you can:

- ✓ Backup WordPress files and database
- ✓ Restore from backup
- ✓ Backup to remote storage
- ✓ Receive basic email reporting
- ✓ Do scheduled backups
- ✓ Browse backup contents in WordPress
- ✓ Use Dropbox, Google Drive, FTP, S3, Rackspace, Email

Here's how to install the “UpdraftPlus” plugin:

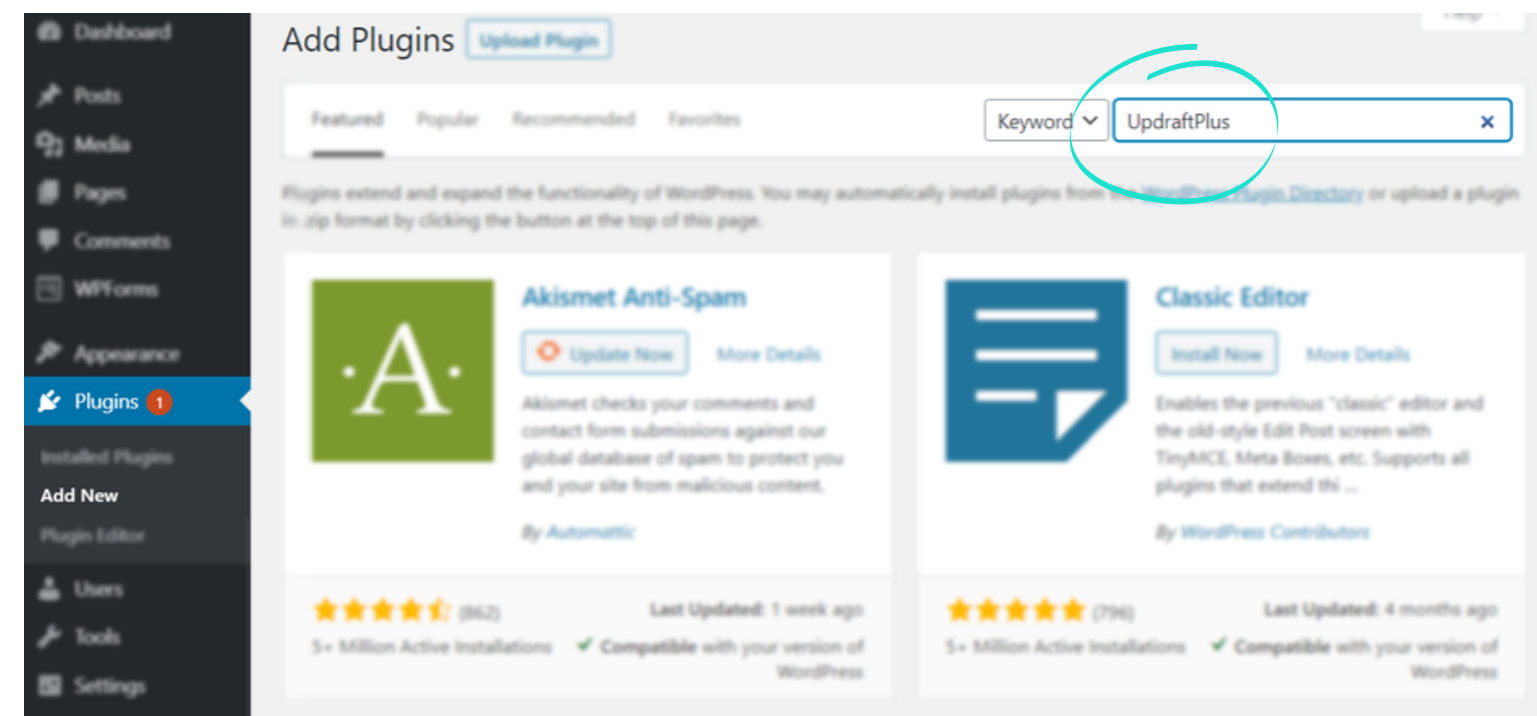
1

In your WordPress dashboard, go to "Plugins" ==> "Add New"



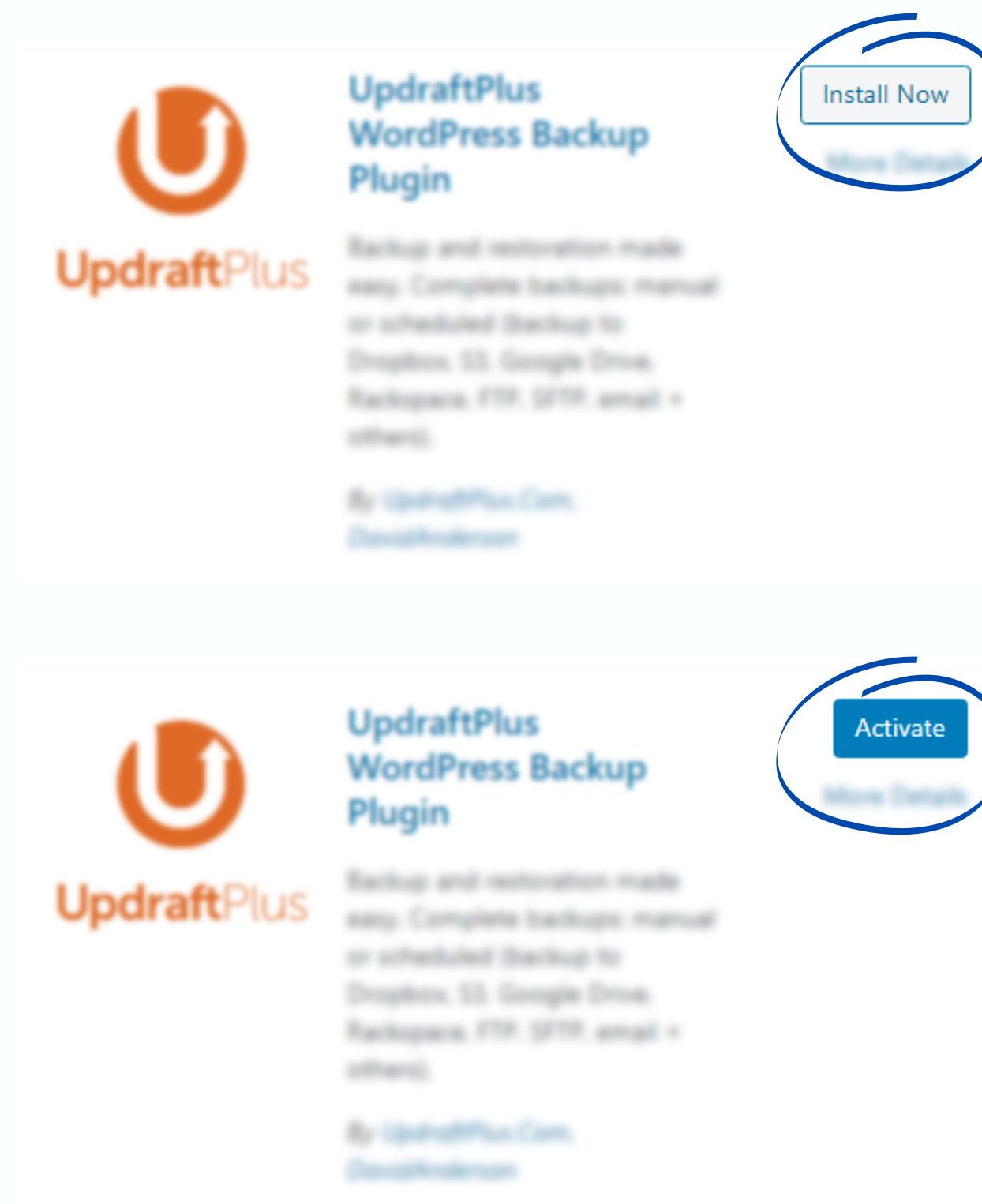
2

Search for “UpdraftPlus”.



3

Click “Install Now”.



4

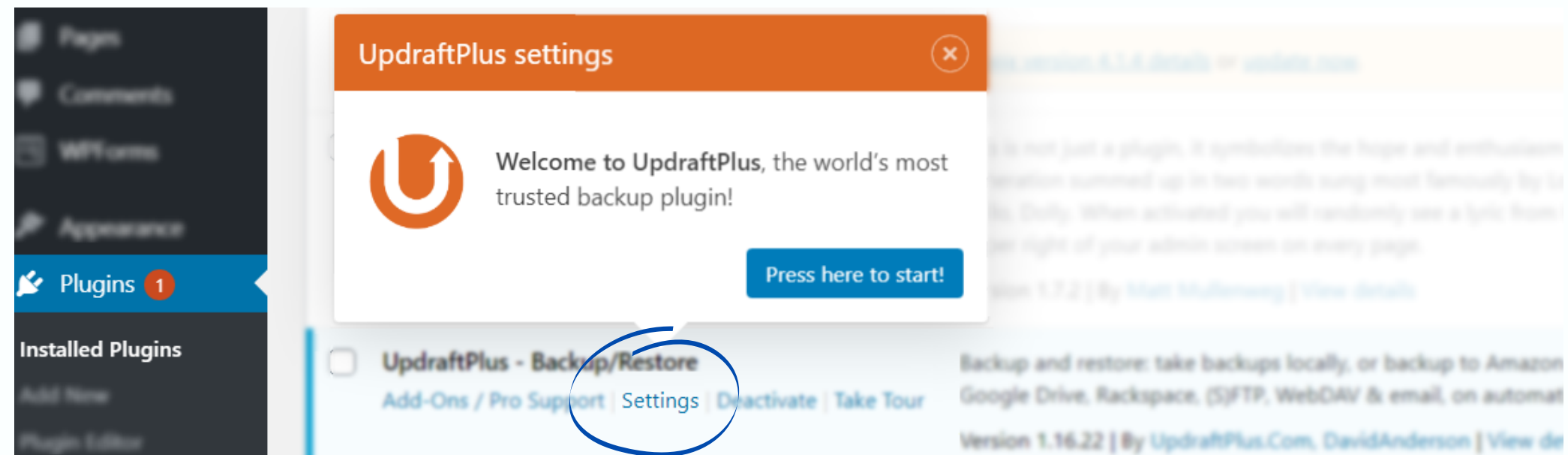
Once installed, click “Activate”.



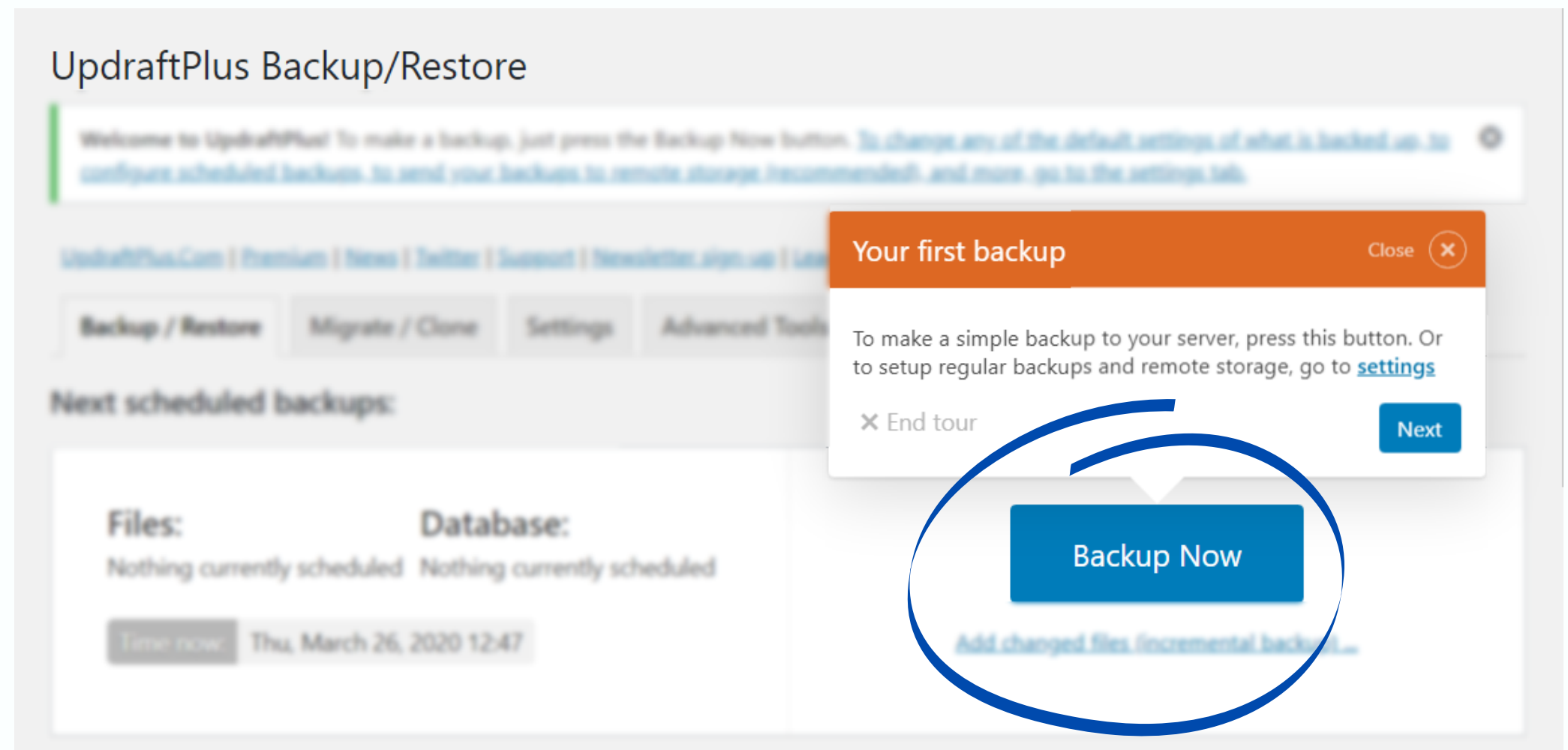
Creating Your First Backup with UpdraftPlus

UpdraftPlus makes it easy for you to backup your data. Here's how to create your first backup in a few clicks.

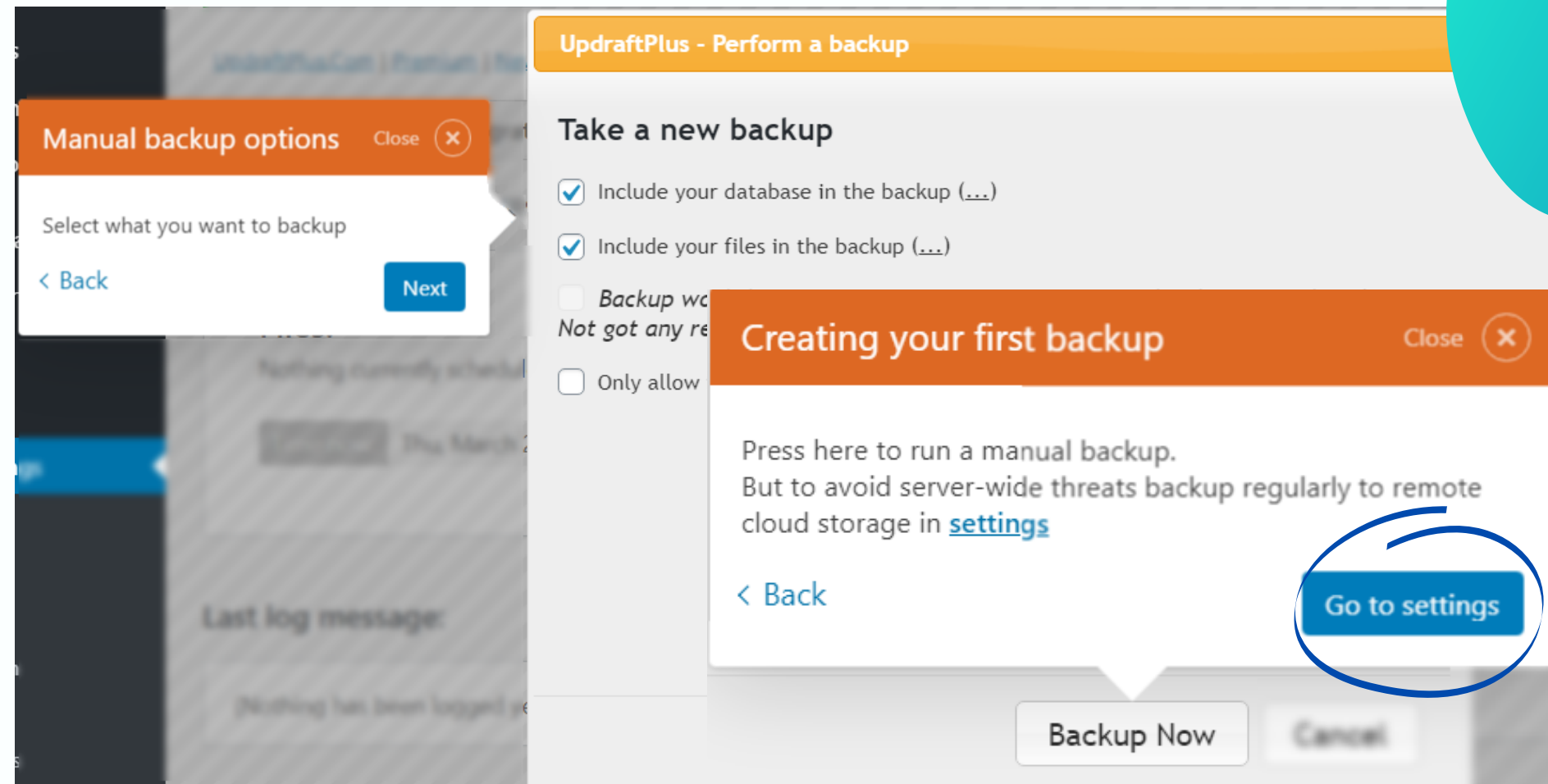
Click Plugins and look for
"UpdraftPlus –
Backup/Restore" then
click "Settings" under it



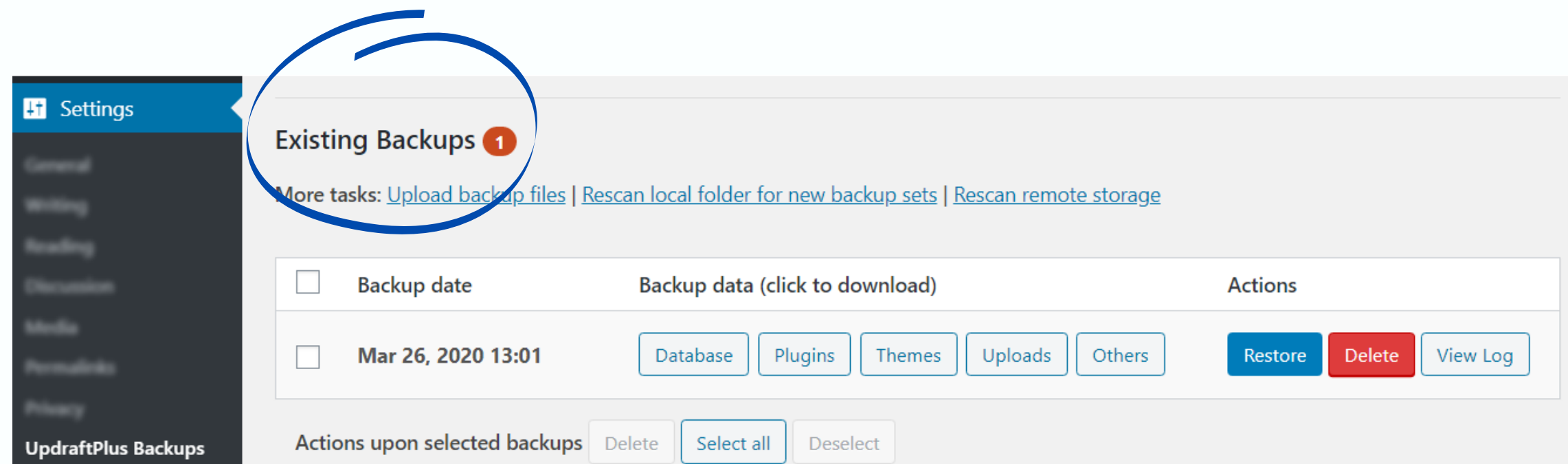
Click "Backup Now."



Select which data to
backup and click
"Backup Now"



After this, you will see
the backup under
"Existing Backups"



Downloading

- backup data to your computer

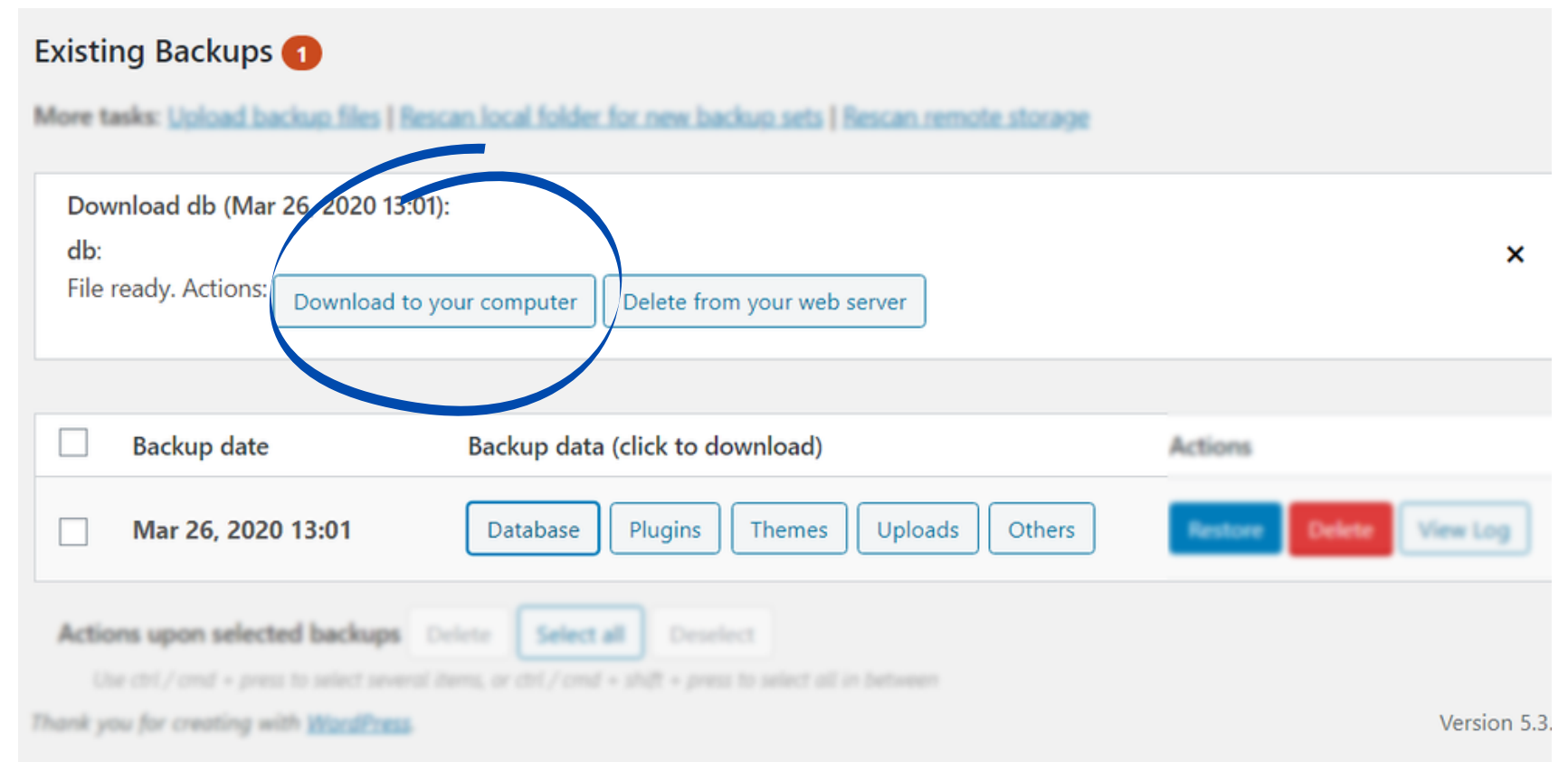
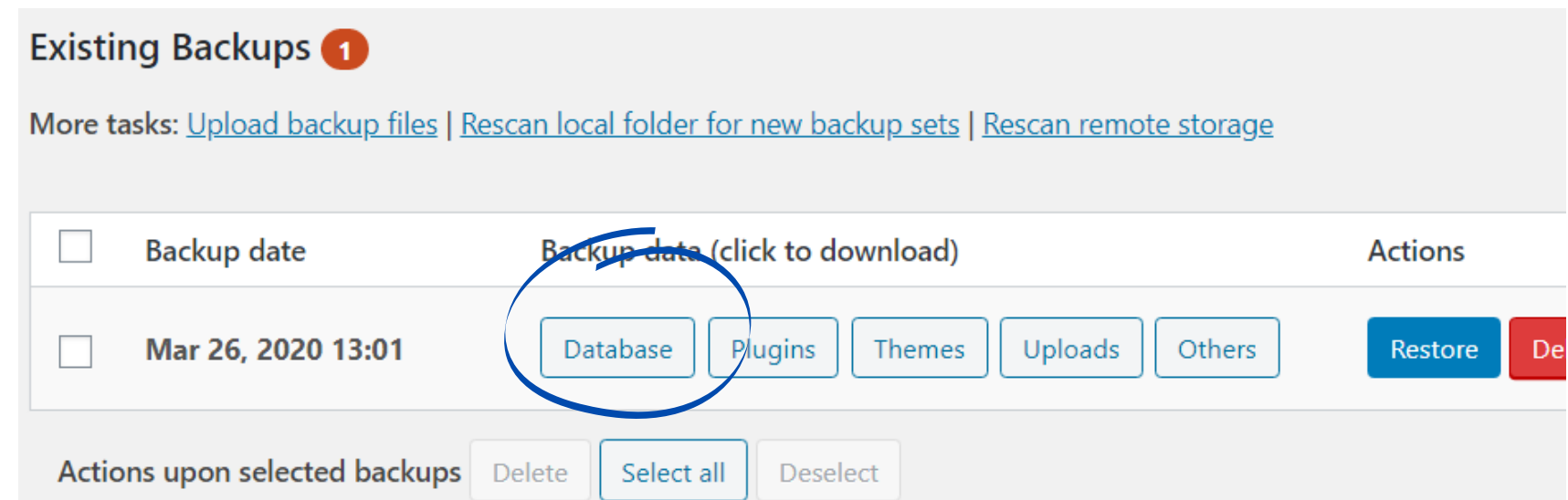
You may download backup data straight to your computer so you don't have to worry about data loss.



Download the data easily by following the steps below:

Click on the backup data you wish to download (for this example, we will download "Database")

Click Database then click "Download to your computer." It will automatically download after clicking.





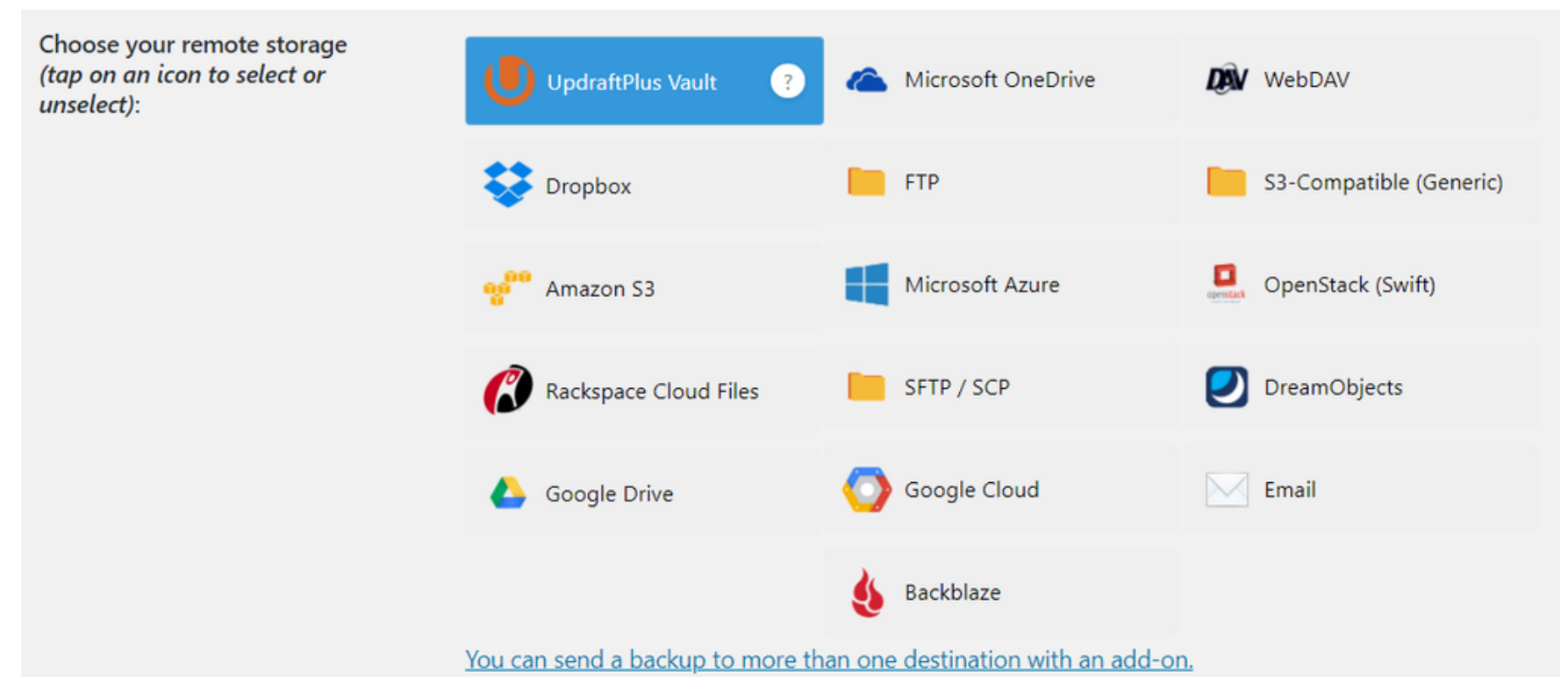
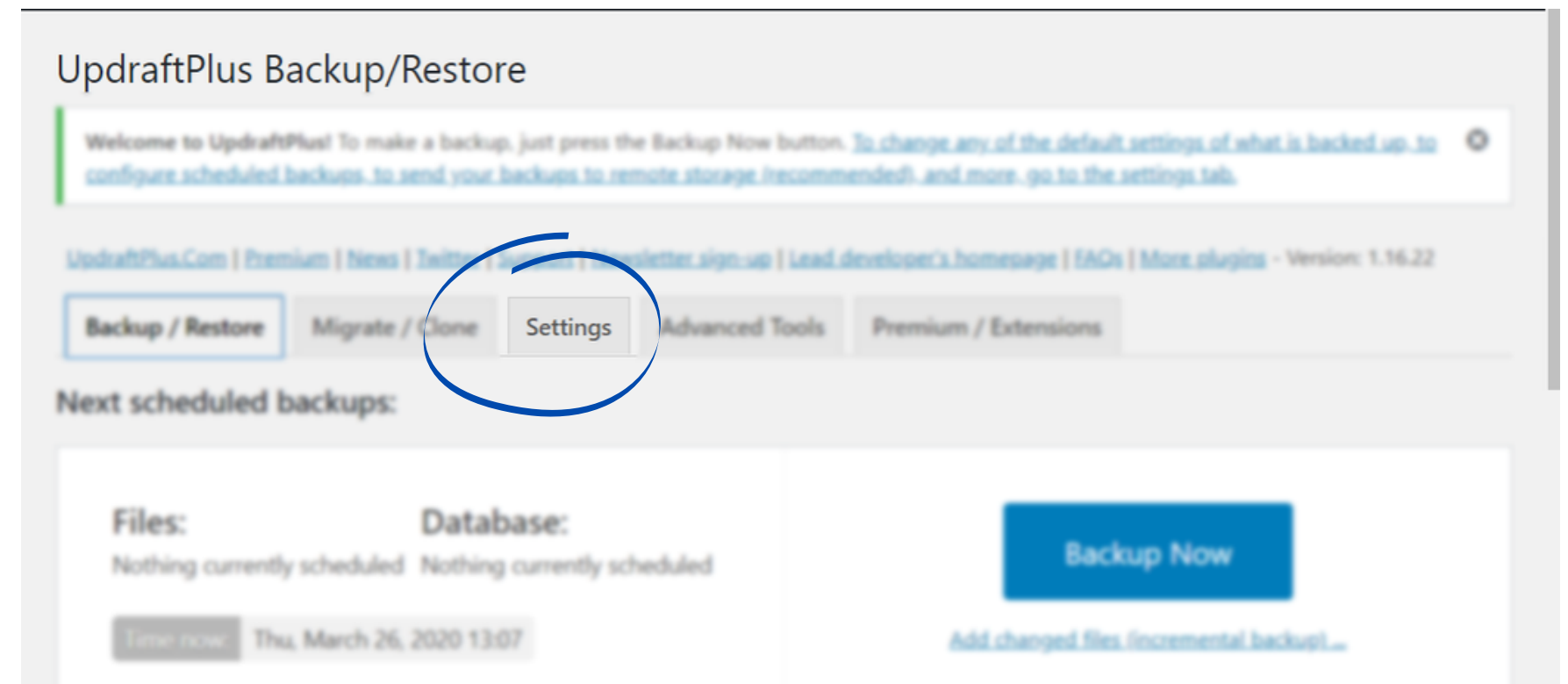
Select remote storage

Storing data in a remote storage gives you access to it with any computer. It is great to have more than one storage for your backup data.

To select the remote storage:

Click "Settings"

Select your desired remote storage.



Backup schedule

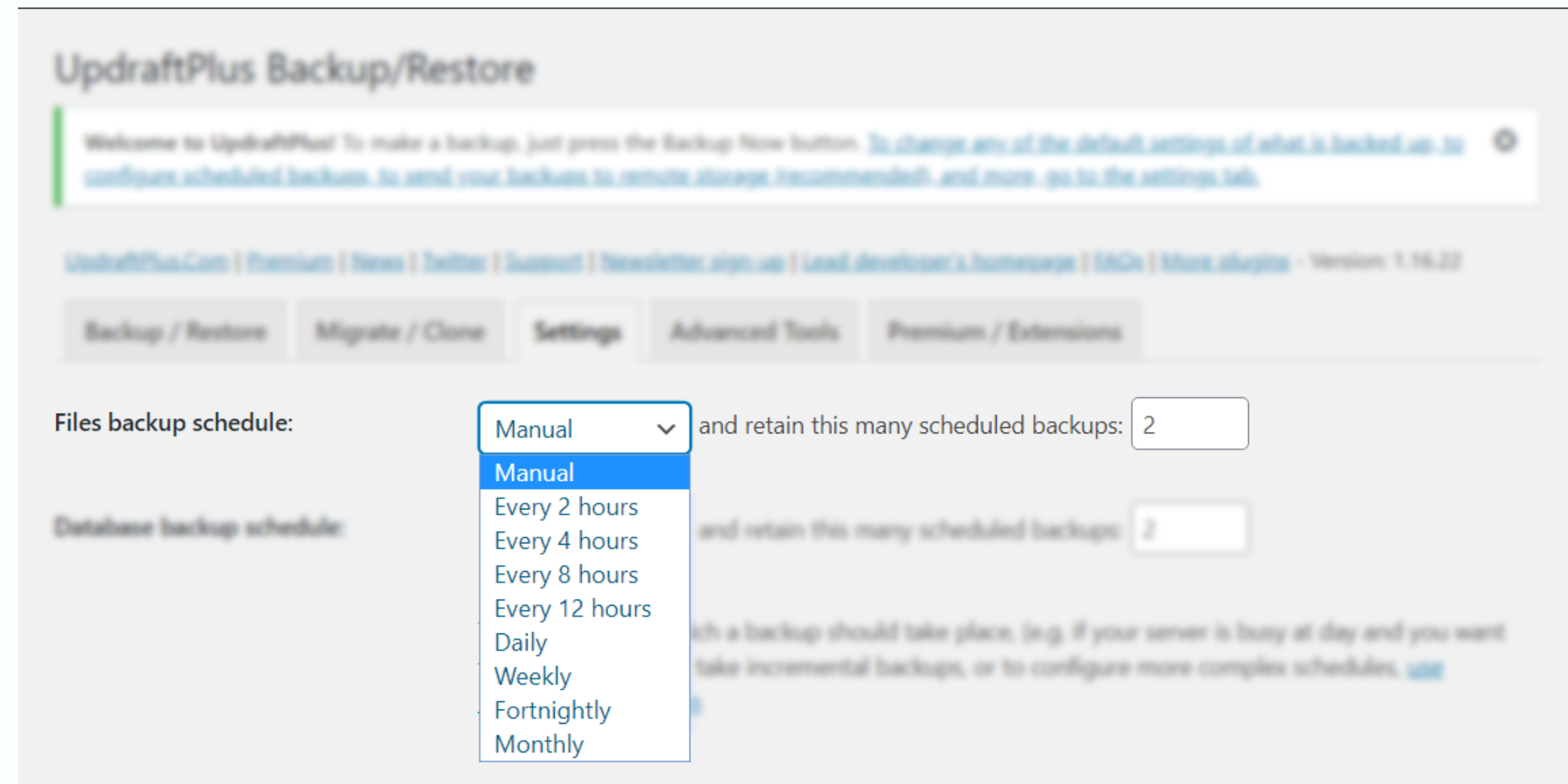
UpdraftPlus either
schedules the backup
manually or automatically.



If you just started with your WordPress site, make sure to backup manually every time you make changes.

If you've been around for a while, you may schedule backups every time you upload new content or make big changes.

To schedule your backup, simply choose your desired schedule under the Settings provided by UpdraftPlus.



The screenshot shows the 'UpdraftPlus Backup/Restore' settings page. At the top, there is a welcome message and a link to the settings tab. Below this, there are navigation tabs: 'Backup / Restore', 'Migrate / Clone', 'Settings', 'Advanced Tools', and 'Premium / Extensions'. The 'Settings' tab is selected. Under the 'Files backup schedule' section, a dropdown menu is open, showing options: 'Manual', 'Every 2 hours', 'Every 4 hours', 'Every 8 hours', 'Every 12 hours', 'Daily', 'Weekly', 'Fortnightly', and 'Monthly'. The 'Manual' option is currently selected. To the right of the dropdown, there is a text input field labeled 'and retain this many scheduled backups:' with the value '2' entered. Below this, the 'Database backup schedule' section is partially visible, also showing a dropdown menu and a retention field.

How to restore from a backup data

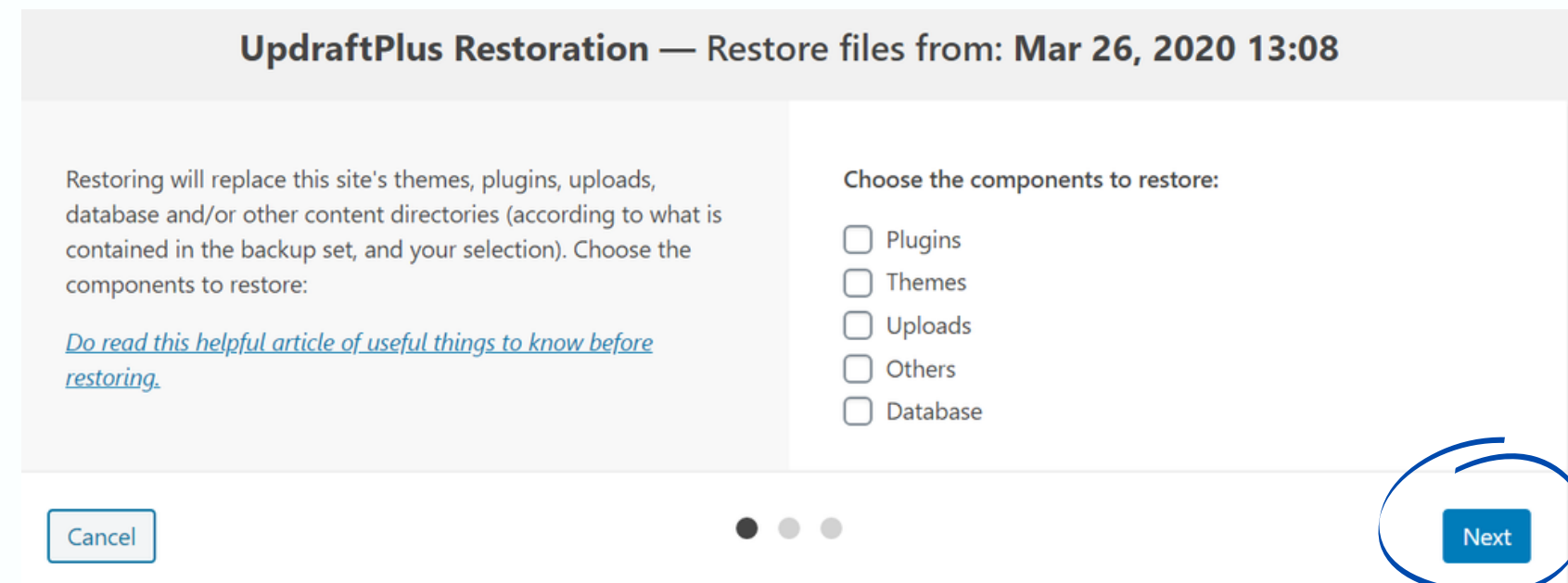
Restoring your data is as easy as creating your backup. It also gives you the freedom to choose which data to restore.



Go to your "Existing Backups" and select which data you want to restore then click on the blue "Restore" button.



Choose which data to restore then click "Next."



UpdraftPlus Restoration — Restore files from: Mar 26, 2020 13:08

Retrieving (if necessary) and preparing backup files...

The backup archive files have been successfully processed. Now press Restore again to proceed.

Backup of: <https://wp-demo.us/test-2> (version: 5.3.2)

Cancel

Restore

Congratulations!
Your data has now
been restored.

UpdraftPlus Restoration - Backup Mar 26, 2020 13:08

The restore operation has begun (f45318b751cb). Do not close this page until it reports itself as having finished.

✓ Restore successful!

[Return to UpdraftPlus configuration](#)

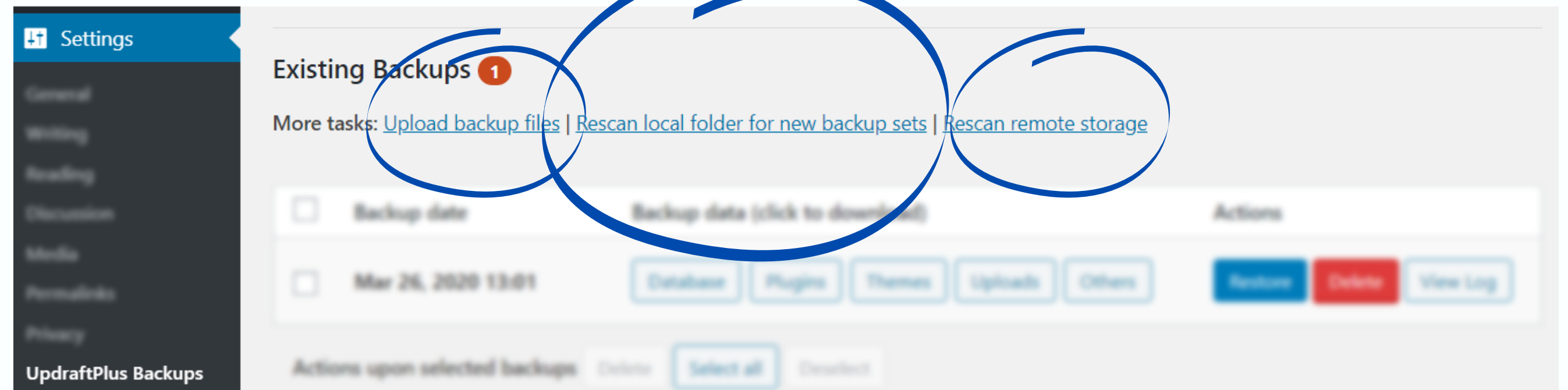
Follow this link to download the log file for this restoration (needed for any support requests).

Activity log

[illegible]

If you cannot see the backup data you wish to restore. You can also:

1. Upload backup data
2. Rescan local folder for new backup sets
3. Rescan remote storage



If you answered yes to any of the questions below, it's time to create backup now.

- Is this data important?
- Will it take a long time for me to do it again?
- Will it cost me a lot of money if I lost this data?

Having back up data gives you peace of mind. So, backup your content now. 😊



About us

PluginPoets.com is the #1 provider of **premium WordPress plugins** and **ready-made WordPress sites**.

Our mission is to help online entrepreneurs like you build WordPress sites that get traffic and sales.

Check out our **free online-business training**. - and 2X your online business in half the time.