

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. :-)



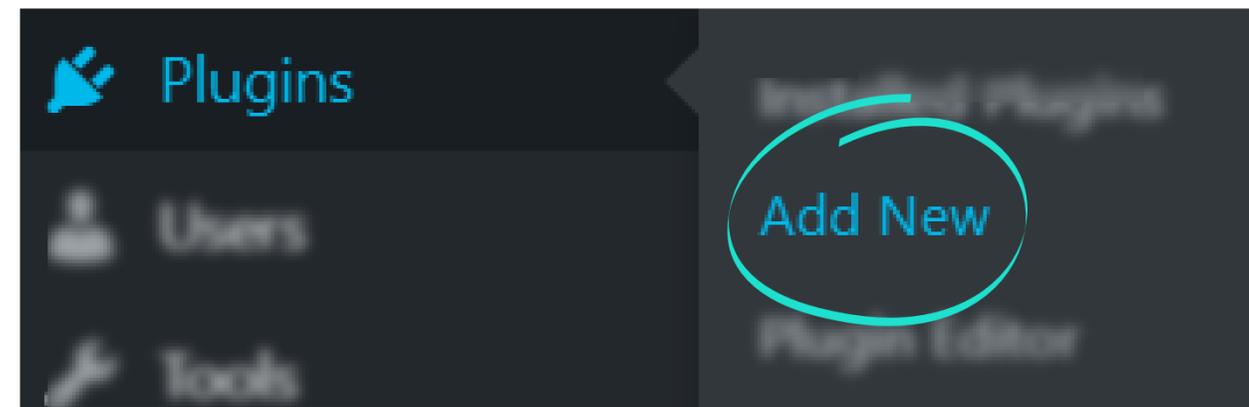
With UpdraftPlus you can:

- ✓ 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:

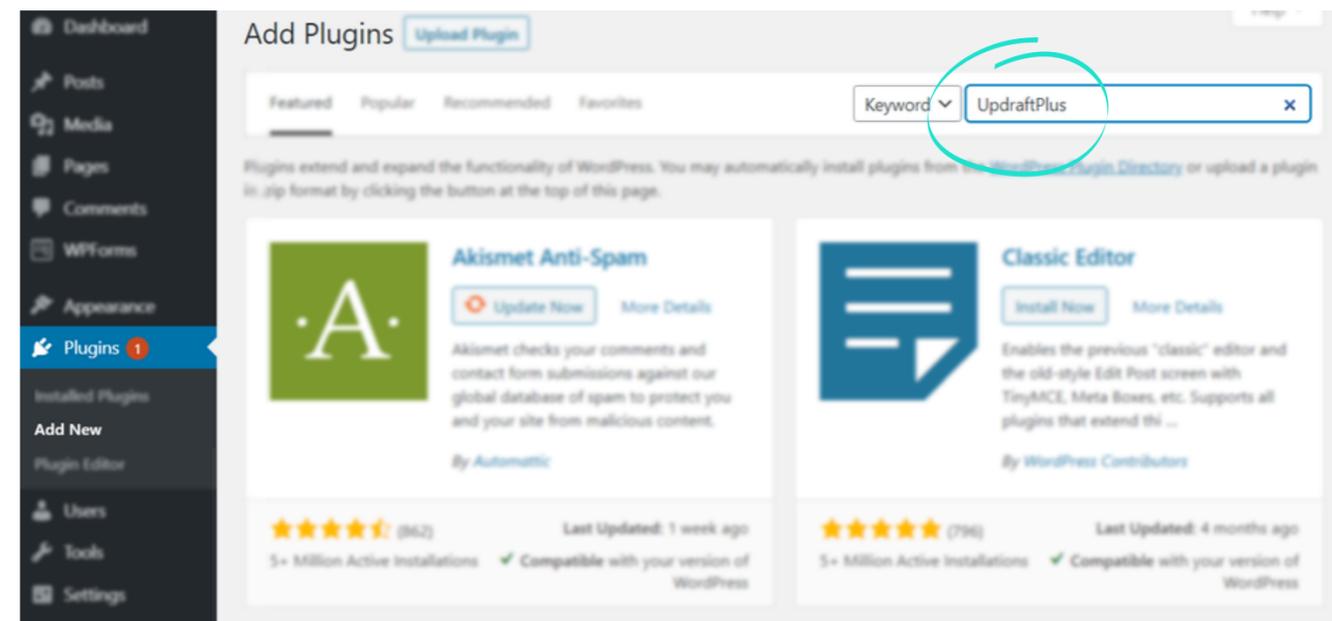
1

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



2

Search for "UpdraftPlus".



3

Click "Install Now".



4

Once installed, click "Activate".

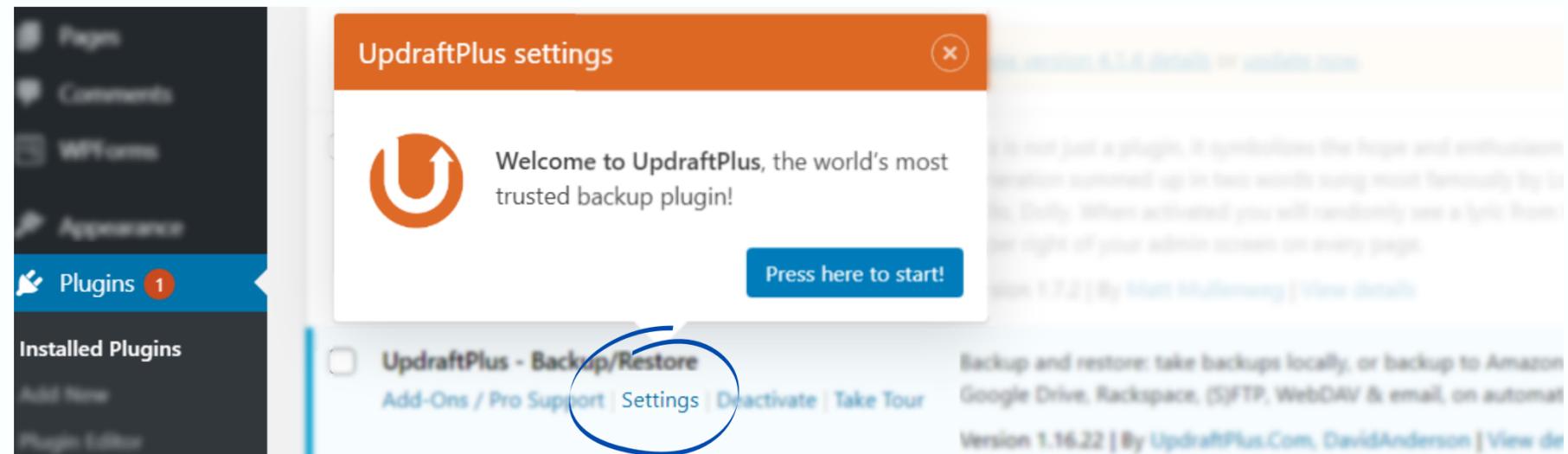




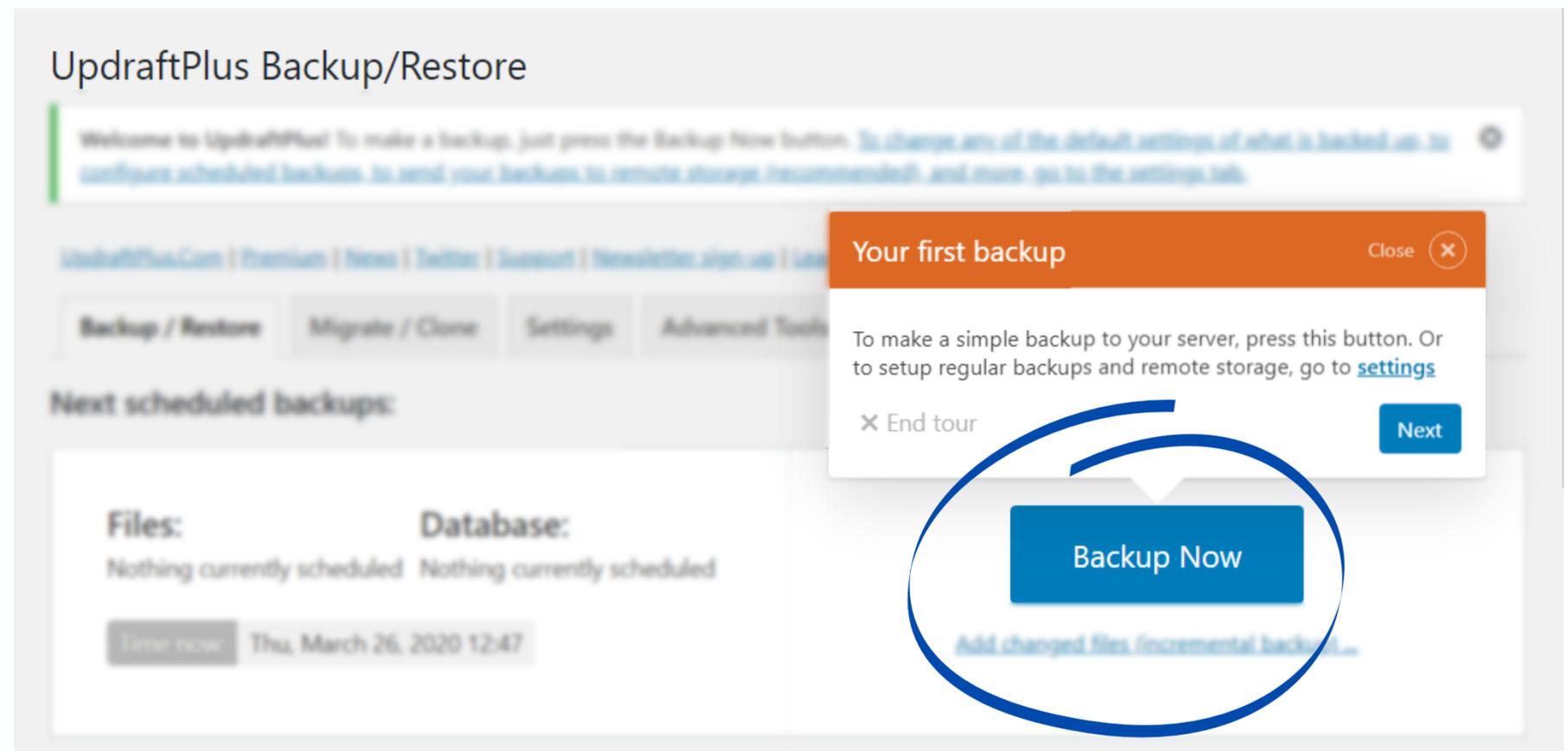
Creating Your First Backup with UpdraftPlus

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

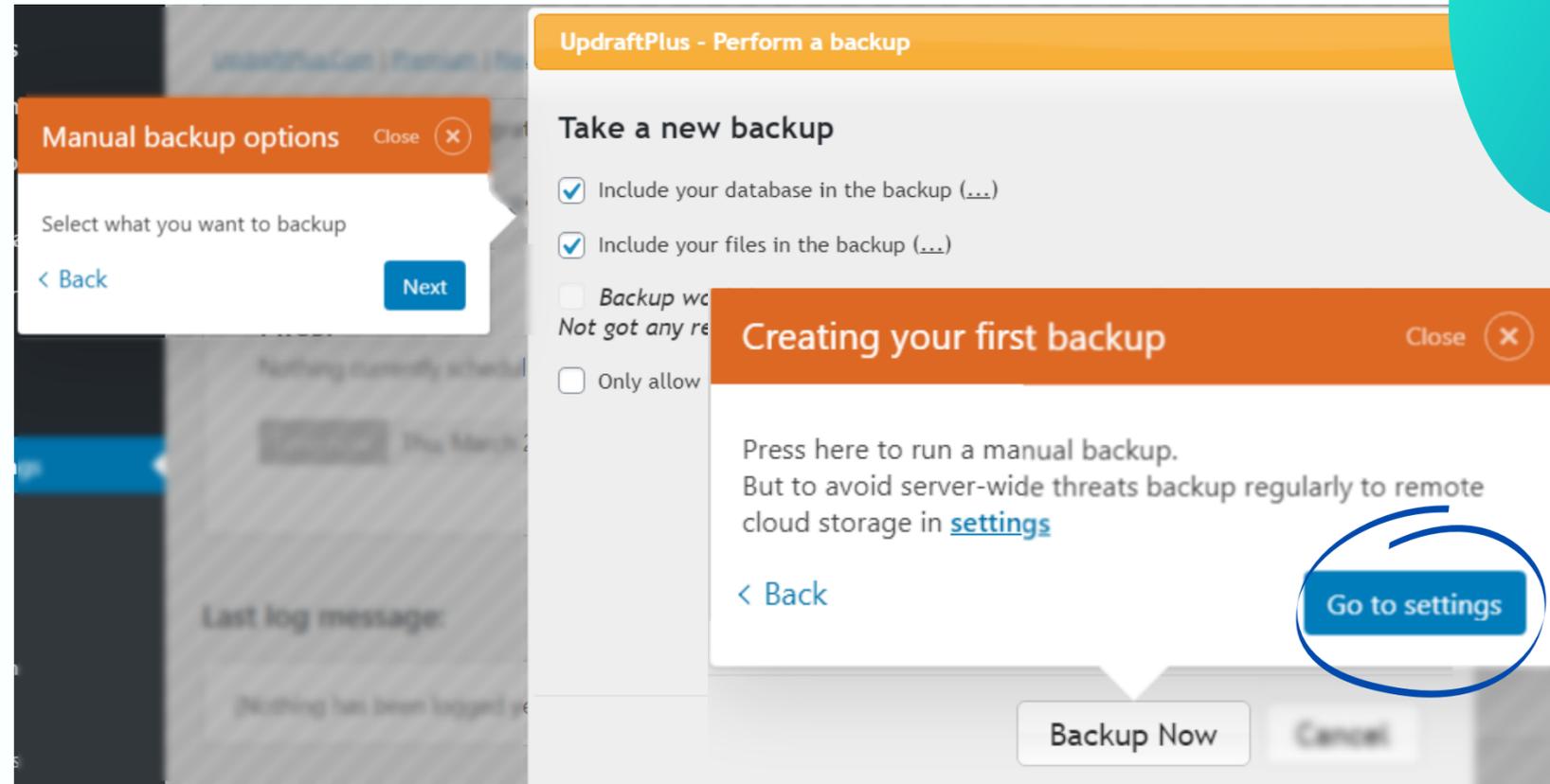
Click Plugins and look for "UpdraftPlus - Backup/Restore" then click "Settings" under it



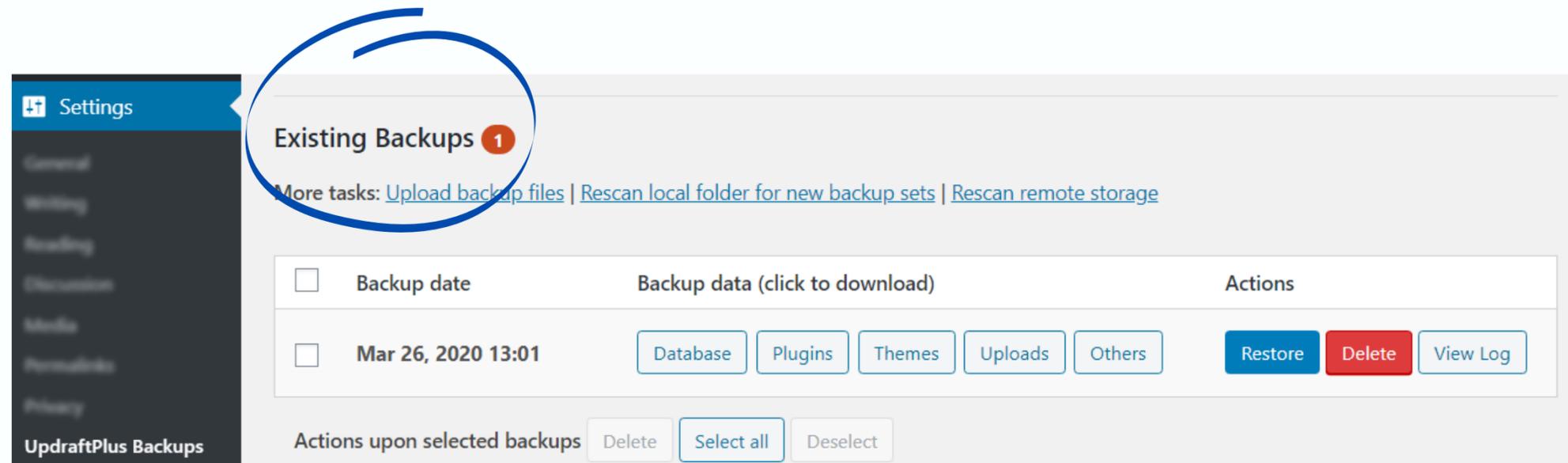
Click "Backup Now."



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.

Existing Backups **1**

More tasks: [Upload backup files](#) | [Rescan local folder for new backup sets](#) | [Rescan remote storage](#)

<input type="checkbox"/>	Backup date	Backup data (click to download)	Actions
<input type="checkbox"/>	Mar 26, 2020 13:01	Database Plugins Themes Uploads Others	Restore Delete

Actions upon selected backups: [Delete](#) [Select all](#) [Deselect](#)

Existing Backups **1**

More tasks: [Upload backup files](#) | [Rescan local folder for new backup sets](#) | [Rescan remote storage](#)

Download db (Mar 26, 2020 13:01):

db:

File ready. Actions: [Download to your computer](#) [Delete from your web server](#)

<input type="checkbox"/>	Backup date	Backup data (click to download)	Actions
<input type="checkbox"/>	Mar 26, 2020 13:01	Database Plugins Themes Uploads Others	Restore Delete View Log

Actions upon selected backups: [Delete](#) [Select all](#) [Deselect](#)

Use **ctrl / cmd + press** to select several items, or **ctrl / cmd + shift + press** to select all in between

Thank you for creating with [WordPress](#)

Version 5.3.



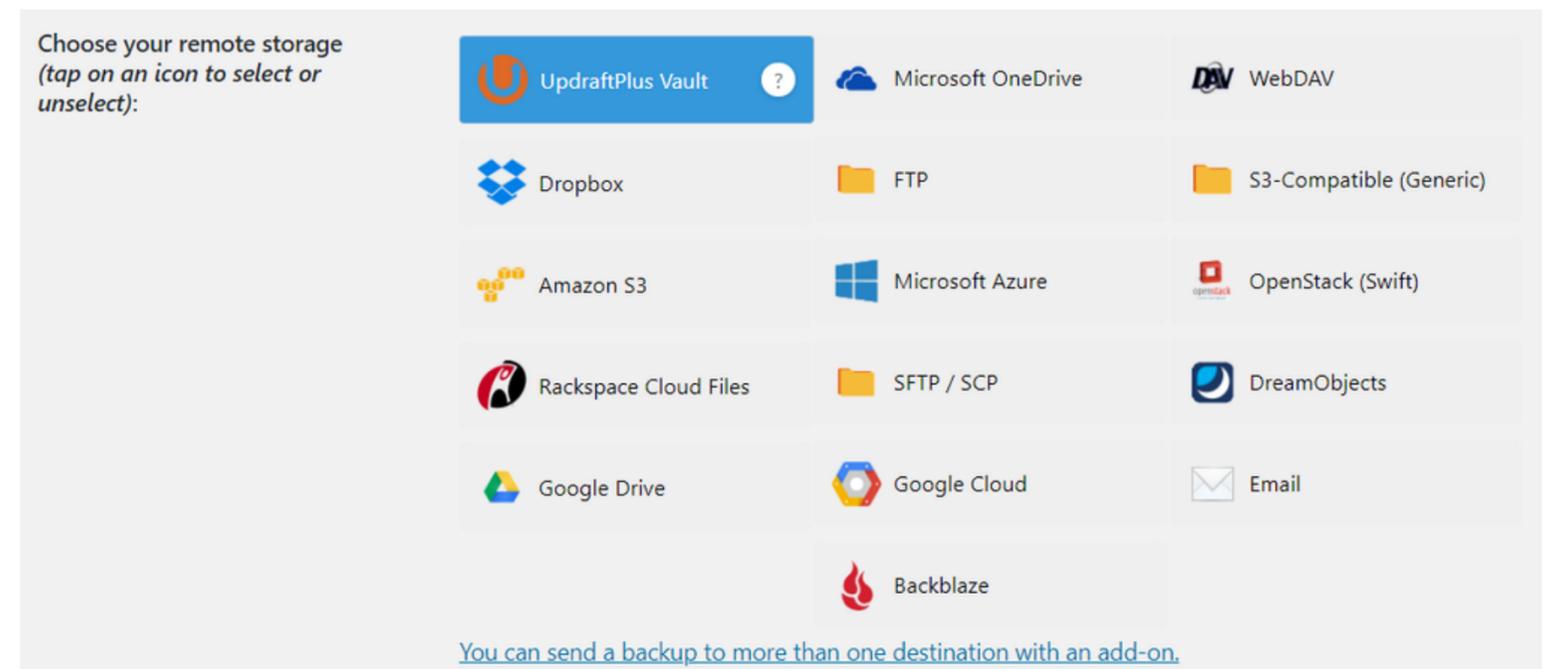
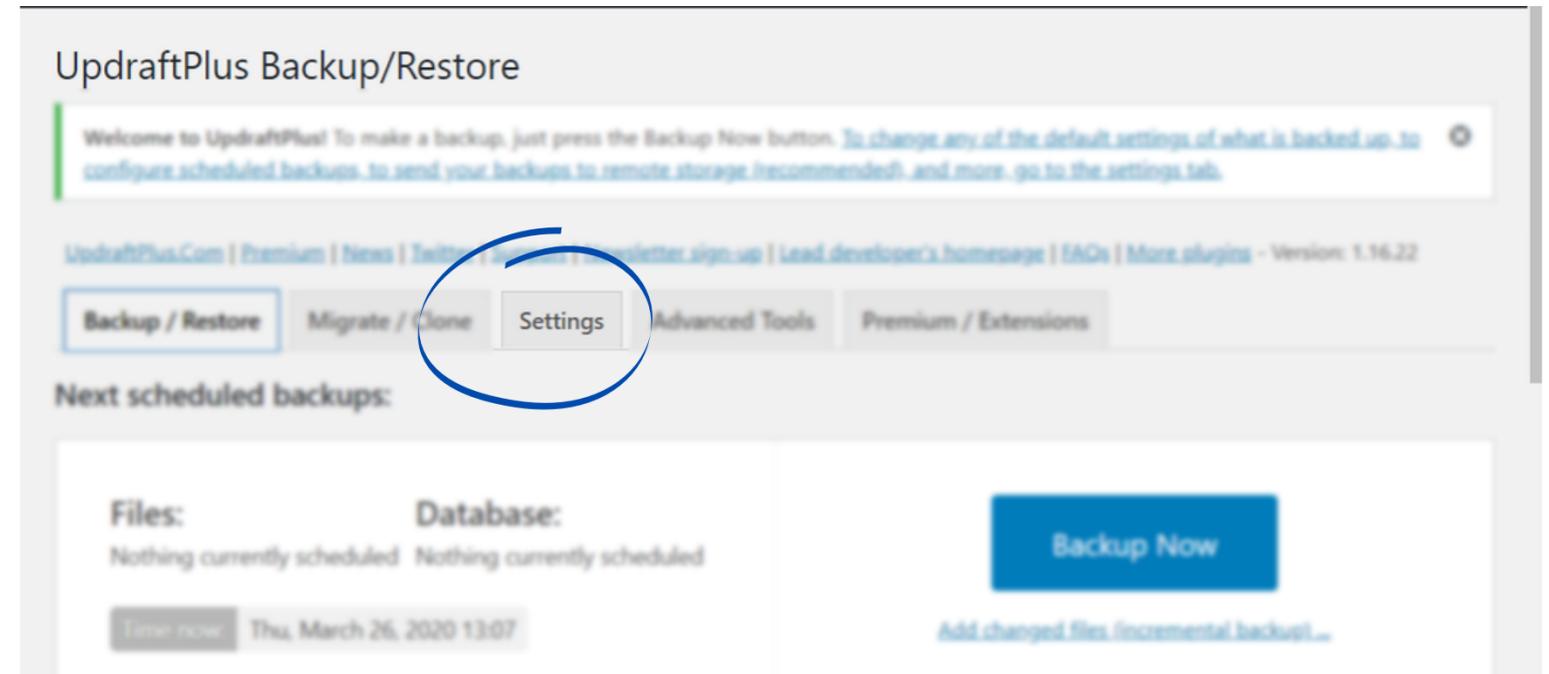
Select remote storage

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

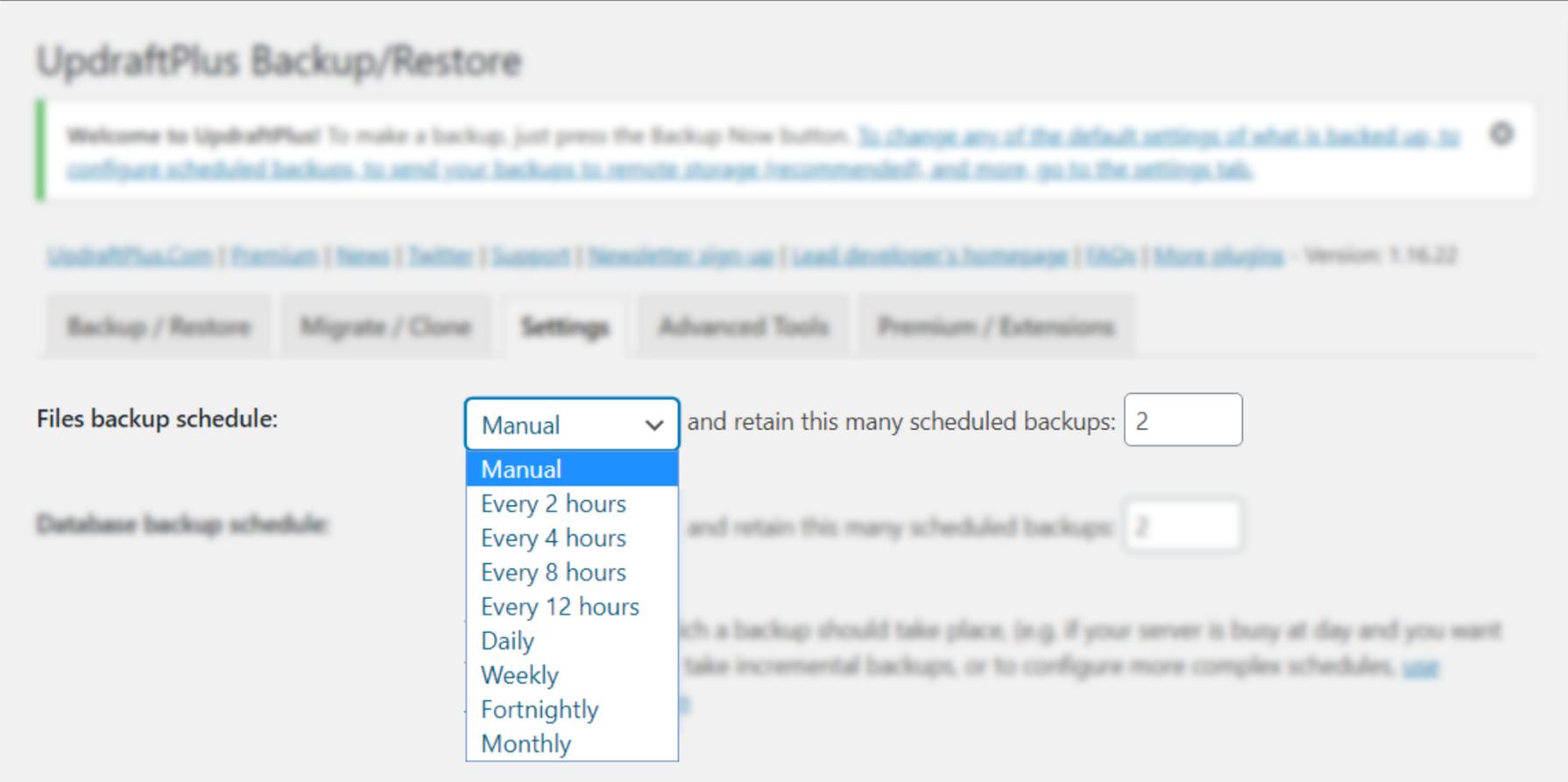
UpdraftPlus either
schedules the backup
manually or automatically.



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.



UpdraftPlus Backup/Restore

Welcome to UpdraftPlus! To make a backup, just press the Backup Now button. To change any of the default settings of what is backed up, to configure scheduled backups, to send your backups to remote storage (recommended), and more, go to the settings tab.

UpdraftPlus.Com | Premium | News | Twitter | Support | Newsletter sign up | Lead developer's homepage | FAQs | More plugins - Version: 1.16.22

Backup / Restore | Migrate / Clone | **Settings** | Advanced Tools | Premium / Extensions

Files backup schedule: Manual and retain this many scheduled backups: 2

Database backup schedule: Manual and retain this many scheduled backups: 2

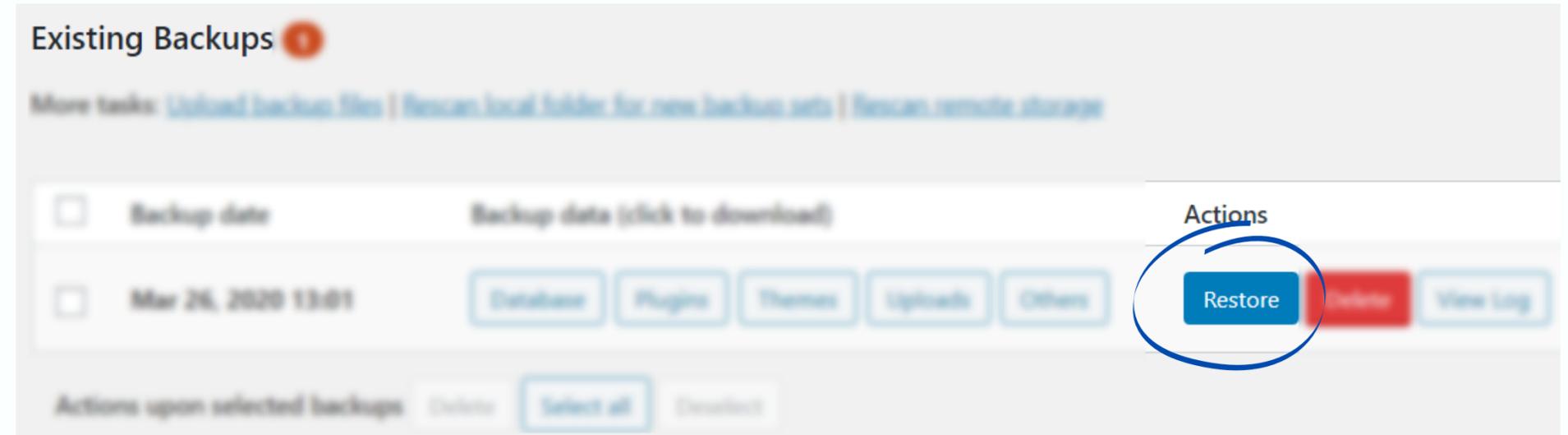
which a backup should take place, (e.g. if your server is busy at day and you want take incremental backups, or to configure more complex schedules, see

How to restore from a backup data

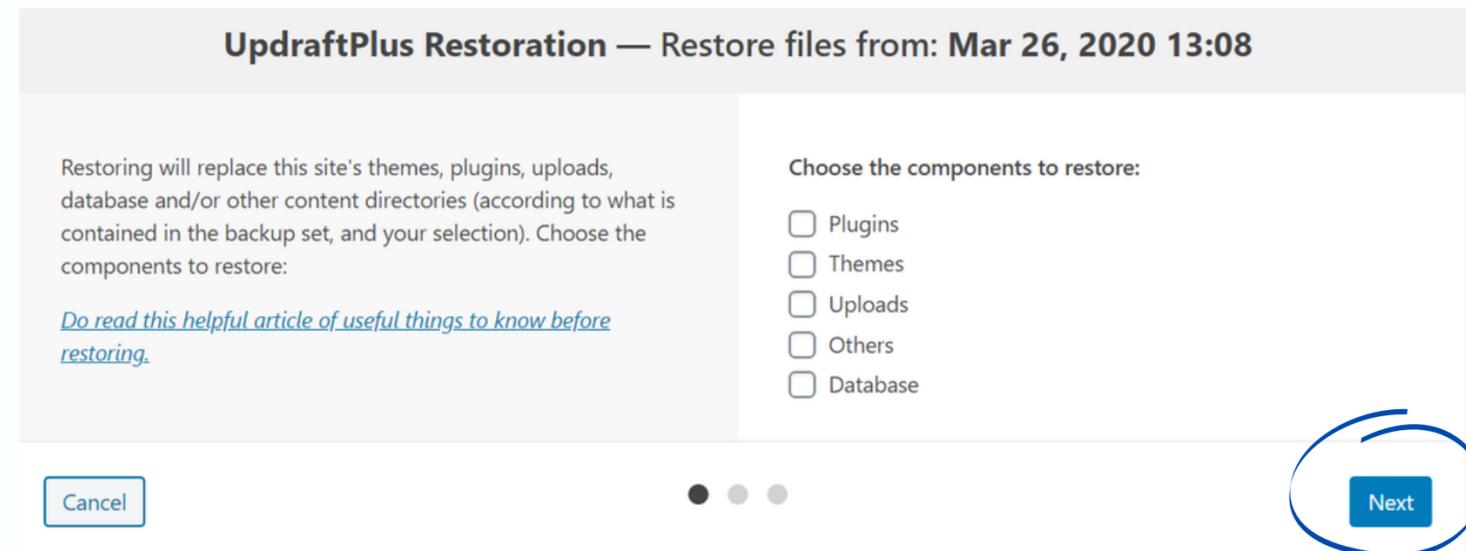
Restoring your data is as easy as creating your backup. It also gives you the freedom to choose which data to restore.



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."



Click "Restore" on the next page.

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 \(needed for any support requests\).](#)

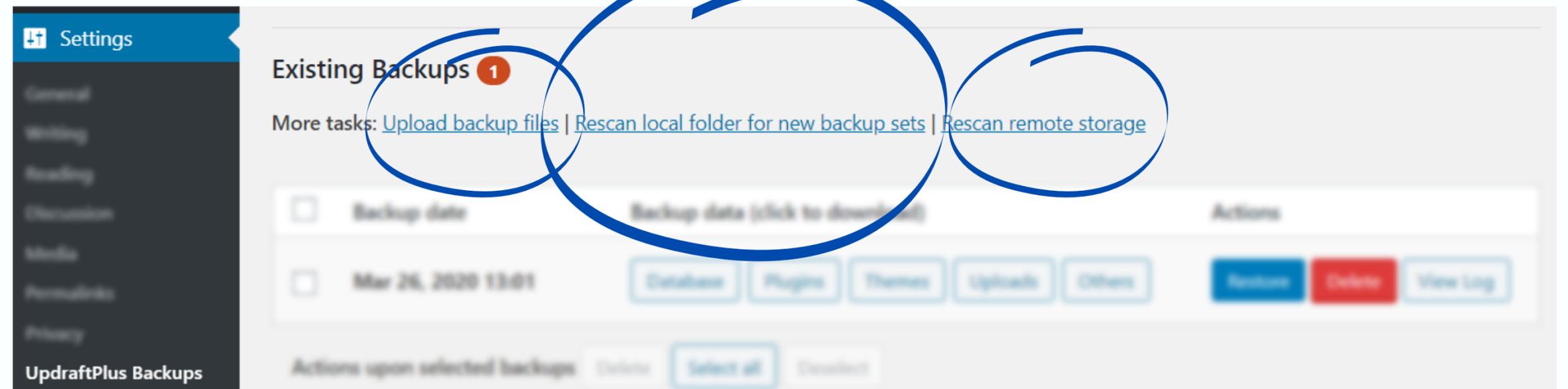
Activity log

```
2020-03-26 13:08:00 [INFO] Starting restore operation for backup f45318b751cb...
2020-03-26 13:08:00 [INFO] Backup files are being processed...
2020-03-26 13:08:00 [INFO] Backup files have been successfully processed.
2020-03-26 13:08:00 [INFO] Restore operation is complete.
2020-03-26 13:08:00 [INFO] Restore successful!
```

● ● ●

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.