

## Backup and Restore SQL Database

The following information is a modification of an article at **MyWinHosting.com** (<http://www.mywinhosting.com/Support/PostSalesTraining/BackupandRestoreMS SQLDatabase/tabid/246/Default.aspx>) .

This procedure is meant to help you backup and restore your SQL database. These instructions should help you move your data from one hosting server on to another, or periodically backup your data from your server(s) for safe keeping.

1. Download and install the Microsoft SQL Server Database Publishing Wizard from <http://www.microsoft.com/downloads/details.aspx?familyid=56E5B1C5-BF17-42E0-A410-371A838E570A&displaylang=en>
2. Startup the Wizard and enter your connection information for the database you want to backup. You should only backup the following objects:
  - Stored Procedures
  - Tables
  - User-Defined Functions
  - Views

The wizard is pretty self explanatory. The only bit of information you'll need to know is that you are scripting the database. You normally don't have the web service it talks about setup on your destination server and can ignore this information. When you are done, you should end up with an sql text file on your hard drive.

3. If you don't have it already, download Microsoft SQL Server Management Studio Express (free) from Microsoft at: <http://www.microsoft.com/downloads/details.aspx?familyid=C243A5AE-4BD1-4E3D-94B8-5A0F62BF7796&displaylang=en>
4. Load the SQL text file you created in step 2.
5. If you will be restoring the database to a database of a different schema (user name), replace the old schema name with an empty string in the SQL script. That is, if your scripts read [schema].[tablename], change them to read, just [tablename].
6. Put a use database statement on the first line, followed by GO so that the script will execute against the database you want to restore to. Ie,

Use stepdata

GO

...

7. Execute the SQL. If you get an out of memory error, you can block sections of the SQL and execute a section at a time. Just make sure you end on a GO statement.

For those who want a more automated process, check out [Handy Backup](#). For as little as \$30US you can get a program that will backup files from an FTP site to your local drive, backup your ODBC compliant (remote) database to a file as well as allowing you to backup local files to an FTP location.