Nutritionist Pro CD version Backup Steps for Standalone version

NOTE (The file size of different databases varies; however, the most common size is about 270 MB's, make sure that a **flash drive or a disk to which you will back up the database contains enough space**).

1. Close the Nutritionist Pro software COMPLETELY
2. Click on Start on the bottom left of your computer screen/click on My Computer/click Local Disk (usually C: or D: drive)/click on Axxya Systems/click on Nutritionist Pro
3. Under the Nutritionist Pro folder find a file called "Nutritionist Pro.mdb":

    Nutritionist Pro.mdb

   - What to do if you do not see the "Nutritionist Pro.mdb" file. Very often you will see the same file display as "Nutritionist Pro" only without the extension.
   - The Nutritionist Pro.mdb file is largest in size
   - Next to or underneath the Nutritionist Pro.mdb file there will be a description. The description will display "Microsoft Office Access Application"
4. Single RIGHT click on the Nutritionist Pro.mdb file and single LEFT click on "Copy"
5. Put the flash drive into your computer and wait until it opens
6. When the flash drive opens on your screen, RIGHT CLICK within the white space inside the flash drive and LEFT click on "Paste"
7. When the Nutritionist Pro.mdb file copies to the flash drive, make certain that the Nutritionist Pro is on your flash drive before taking the flash drive out of your computer
8. Make backups a regular procedure to ensure that the data is not lost in case the computer crushes

Name	Date modified	Type	Size
Data Update Files	11/2/2017 6:34 PM	File folder	
Documentation	11/2/2017 6:34 PM	File folder	
help	11/2/2017 6:34 PM	File folder	
object library	11/2/2017 6:34 PM	File folder	
Reports Library	11/2/2017 6:34 PM	File folder	
Support Files	11/2/2017 6:34 PM	File folder	
vista	11/2/2017 6:34 PM	File folder	
DataUpdate.exe	10/11/2017 12:12 PM	Application	260 KB
LabelEditorSetup.exe	5/14/2007 7:13 PM	Application	13,536 KB
Licensing.exe	10/11/2006 2:24 PM	Application	108 KB
Nutritionist Pro Tutorial.exe	10/10/2006 4:56 PM	Application	3,750 KB
NutritionistPro.exe	10/11/2017 3:34 PM	Application	9,128 KB
VistaKeys.exe	5/8/2007 12:07 PM	Application	24 KB
Nutritionist Pro.mdb	9/27/2018 9:37 PM	Microsoft Access Dat...	272,132 KB

This PC > Windows (C:) > Axxya Systems > Nutritionist Pro