Nutritionist Pro desktop version Backup Steps for Network version

BACKING UP THE DATABASE -- NETWORK VERSION:

BACK UP STEPS: NETWORK VERSION:

NOTE (The file size of different databases varies; however, the most common size is about 225 MB's, make sure that **a flash drive or a disk to which you will back up the database contains enough space).**

BACKUP STEPS – APPLY TO SERVER ONLY since the database is housed on the server:

Manual steps

1) Terminate all client sessions
2) Access /all programs/axxya systems/nutritionist pro network/database server monitor/click on "stop server"
3) Access local disk/program files/axxya systems/nutritionist pro network/copy "NutritionistPro.db" file over to backup directory/tape
4) Access /all programs/axxya systems/nutritionist pro network/database server monitor/click on "start server"

Automatic steps using other backup utilities

1) You can also utilize your own backup utility just make sure that you set Pre/Post commands on the backup job before you run it:
   o Pre command would be – net stop nutritionistpro
   o Post command would be – net start nutritionistpro

If using Powershell

- Create a Powershell script with the following lines:
  o stop-service NutritionistPro
  o Copy-Item -Path [Source] -Destination [Destination] start-service NutritionistPro
  o Replace the [Source] with the location of the NutritionistPro.db file
    ▪ (default: "C:\Axxya Systems\Nutritionist Pro Network\NutritionistPro.db").
  o Replace the [Destination] with the location that you would like to place the backup (preferably off of the server).
  o Create a scheduled task that calls the Powershell script (information on how to do this is readily available on the internet through a Google search).