

for external backup services can be found by clicking the following link and are listed on that page under **Online Backup Solutions**

<https://www.gymassistant.com/resources/useful-links/>

Backup Settings

External Data Backup

Days between backup reminders: 3

Backup Path: c:\Gym Assistant 2.6\Backup

Online Data Backup

Backup Data Online every day at 12:00A

Daily Data Archiving

Archive data at shutdown

Archive Data every day at 12:15A

Archive Path:

- The second option, **Online Data Backup**, is an automatic external backup sent to our servers each day replacing the backup done the day before and you will select the time of day this will be done. Keep in mind that the computer must be on, the Gym Assistant program must be running, and the computer must be connected to the internet for this to be preformed. This option is only available to our customers who pay for yearly support and that have the Online Connect Settings completed (instructions to set up online connect are contained in the article titled: **How to Setup Online Connect**).

Backup Settings

External Data Backup

Days between backup reminders: 3

Backup Path: c:\Gym Assistant 2.6\Backup Browse

Online Data Backup

Backup Data Online every day at 12:00A Online Connect Settings

Daily Data Archiving

Archive data at shutdown

Archive Data every day at 12:15A

Archive Path: Browse

Cancel OK ?

- The third and final option will be the **Daily Data Archiving**. You will select whether you want this Archive to be performed at shutdown or daily at a specific time of day. If you choose the later, the computer must be on, the Gym Assistant program must be running, and the computer must be connected to the internet. The Archive Path need not be created, if no data path address is included, the system will automatically route that backup to the archive file already created in your Gym Assistant folder.
- Once your Backup Settings have been completed > click **OK**

Backup Settings

External Data Backup

Days between backup reminders:

Backup Path:

Online Data Backup

Backup Data Online every day at

Daily Data Archiving

Archive data at shutdown

Archive Data every day at

Archive Path:

Online URL: <https://gymassistant.phpkb.cloud/article/how-to-set-up-automatic-backups-in-gym-assistant.html>