How To Backup Your WordPress Site

Before you read this article, please know that UK2 performs regular backups of your website. For this reason, storing backups on our server is prohibited because it uses too many resources. If you do perform a backup, make sure you store it on your own computer, in the cloud or on another site.

There are two ways to backup your WordPress website: manually through cPanel, or by using a WordPress plugin. This article will show you how to backup your site so you can migrate, restore to a previous version or just have an extra copy.

Option 1: How to Perform a Manual Backup

Step 1: Access phpMyAdmin through cPanel

1. Login to cPanel
2. Click on the PHPMyAdmin logo

Step 2: Backup your site in PHPMyAdmin

1. Click on "Databases"

1. Click on the database that includes your WordPress data
2. Click "Export" at the top of the screen

1. Click the bubble next to "Custom"

1. Use the following options to export:
    a. Select every table

      b. In the "Output" section, check "Save output to a file" and select "None" for "Compression."

   2. Scroll down and click "Go"
   3. The data will now be saved to your computer.

Option 2: Use a plugin.

The second option for backing up your website is through a WordPress plugin. There are several options for doing so. Just pick a plugin that will allow you to export the file and store it on your own computer or in the cloud. If you store the backup on your server, your account may be suspended. If you are using your backup to migrate your website or restore it, you will need outside access to the data.