

Back up the practice site

Create a recoverable copy with enough information to use it.

THE FINISHED RESULT

The backup is identifiable, accessible to its owner and accompanied by a documented recovery path.

Before you start

Environment: Your existing website platform and integration tools

Access and plan: Authorized access to a test copy, site records and relevant accounts. Live restore, access changes and publication need owner approval.

Practice project: A staging copy of Harbor

Use a separate demo project and fictional information. Record the exact project and version you use. Keep passwords, verification codes and private customer information out of screenshots and notes.

Official walkthroughs

[Wix: Site history and external-backup limitations](#)

[MDN: Learn web development](#)

Open the credited publisher walkthrough for current interface instructions and available screenshots, then return to the SETLY exercise. External courses remain with their publishers; this PDF does not reproduce their complete tutorial.

Your practice task

Finish one action at a time. Inspect the resulting screen or record before moving on. If a control differs, check the matching official instructions instead of guessing.

01 / Step 1

Identify the website files, database, uploaded media and configuration needed for recovery. A screenshot is not a backup.

Check: record what changed and confirm you are still working in the intended demo project.

02 / Step 2

For Wix, review Site History and duplication limits: Wix does not provide an external backup of the complete site. For a code-based website, save source files and export its database separately. Record exactly what the recovery method includes.

Check: record what changed and confirm you are still working in the intended demo project.

03 / Step 3

Store the backup in an approved location with access appropriate to its contents. Keep credentials separate from public files.

Check: record what changed and confirm you are still working in the intended demo project.

04 / Step 4

Open the backup inventory and verify that required components are present. Schedule a restore test rather than assuming the archive is usable.

Check: record what changed and confirm you are still working in the intended demo project.

Test, troubleshoot, repeat.

If something goes wrong

If only the theme or page HTML was exported, check whether forms, media and database content need separate recovery steps.

If your screen is different

Compare the product, editor, user permissions and selected account with the guide. Open the official reference for your version. Do not perform a live change whose effect you cannot verify.

Final verification

The backup is identifiable, accessible to its owner and accompanied by a documented recovery path.

Repeat the task with one small variation. Record the test date, project/version, expected result, observed result and a non-sensitive evidence reference. Mark skipped checks as untested.

Your evidence record

Test date: _____ Project/version: _____

Observed result: _____

Evidence reference: _____

Remaining issue and next action: _____

Sources and guide status

Original exercise by Ray / SETLY. Credited technical references are linked on page one. Prepared 1 October 2026. SETLY screen recording and independent learner reproduction are not yet complete. No platform affiliation is implied.

[Open the online practice guide and editable checklist](#)