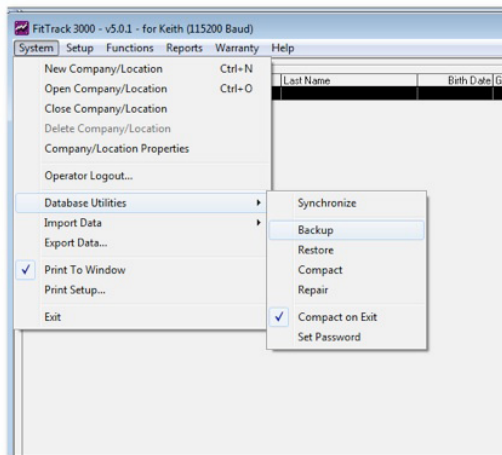


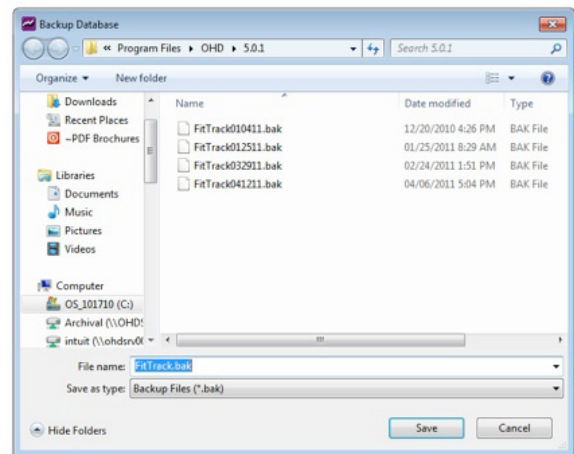
OHD recommends that FitTrack data is backed up at least once a week. Preferably, the database will be backed up after every testing period. Data loss can occur through hard drive failure, or data corruption. The most probably cause for data corruption is loss of power to a computer. This may happen through battery failure, removal of power cord, or loss of power in a building. Keeping your data safe should be a priority for any user.

Backing up the data to the same computer being used for testing is only the first step in securing data. Backups on the same computer, called Local Backups, are helpful if any data corruption should occur. However, these would not be very useful if a hard drive crash is experienced. Therefore, it's critical that the backup files be periodically moved to a source outside of the computer, either to a memory stick, CD, or to a network drive that is regularly backed up.

Follow these simple steps for a proper backup.



1. Go to System > Database Utilities > Backup.



2. Browse to a location where the backup should be saved.

3. Copy the file to an external drive or source.