通过 MR04+SD 卡来实现 Backup 功能

 首先我们要确认 MR04 是否安装成功,我们可以通过在 Computer 中查看是否有新的磁 盘出现来判断。如果有新磁盘出现,说明已经安装成功,如果没有的话,则需要重新安 装 MR04 或更换 SD 卡。

我们可以通过点击桌面左下角 Win 图标,然后点击 Computer 选项来打开 Computer 界面。



- 2. 我们要确认新的磁盘是否是 NTFS 格式。 判断磁盘是否是 NTFS 格式步骤:
 - 1. 选中新磁盘;
 - 2. 点击鼠标右键;
 - 3. 点击 Properties 选项;
 - 4. 在 General 选项卡中观察 File system 值,如果是 File system 是 NTFS 的话,说明改磁 盘已经是 NTFS 格式了,如果不是 NTFS 的话,说明磁盘不是 NTFS 格式,需要进行 格式化。

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- 如果磁盘不是 NTFS 格式,就需要将磁盘格式化成 NTFS 格式。如果磁盘是 NTFS 格式则 直接跳到第 4 步。 磁盘格式化步骤:
 - 1. 选中新磁盘;
 - 2. 点击鼠标右键;
 - 3. 点击 Format 选项;
 - 4. 在 Format 窗口中,将磁盘的 File system 的值改为 NTFS;
 - 5. 点击 Start 选项,开始磁盘格式化;
 - 6. 磁盘格式化完成,点击 OK 选项退出。

Organize 🔻 Eject	Properties	System properties	Uninstall or change a	a program	»	1	-	
 Favorites Desktop Downloads Recent Places Desktop (2) Downloads (2) RecentPlaces (2) Libraries Documents Music Pictures 	 Hard Di <	sk Drives (3) Local Disk (C:) [4.1 GB free of 27.9 GB 資料 (E:) [1.6 GB free of 46.5 GB with Removable Si DVD/CD-RW Drive (F:)	torage (2)	工作 (D:) 29.3 GB free Removable 3.70 GB free	e of 37.2 Disk (G:) e of	SB Open Open in new	window	
 Videos Computer Local Disk (C:) 工作 (D:) 资料 (E:) Removable Disk (G:) Network 						Share with Open as Port Format Eject Cut Copy Create shorte Rename	able Devic	e



4. 在确认新磁盘为 NTFS 格式后,我们开始 Back up 设置。我们可以通过点击桌面左下角 Win 图标,然后点击 Control Panel 选项来打开控制面板。



5. 在 Control Panel 界面下,点击 System and Security 选项中的 Back up your computer 选项。



 如果你是第一次进行备份设置的话,请在 backup 窗口中点击 Set up backup 选项。如果 你不是第一次进行备份,请直接参考到第 13 步。如果你要进行备份还原动作,请直接 参考第 16 步。



7. 选择你备份文件的存放地点。如果你想在 SD 卡中存放备份文件,请选择刚才新生成的 磁盘,点击 Next 选项进行下一步。

Control	ခွာ 🗑 Set up backup			
Create a Create a	Select where you want to save you We recommend that you save your backup o <u>destination</u>	ur backup on an external hard drive. <u>Guidelines</u>	for choosing a backup	ıp backu
	Save backup on:			
	Backup Destination	Free Space	Total Size	
	委科 (E:)	41.7 GB	46.6 GB	
	Removable Disk (G:)	3.1 GB	3.7 GB	
	Refresh	Sa	ve on a network	
	A system image cannot be saved on the other people might be able to access	his location. <u>More information</u> your backup on this location type. <u>N</u>	lore information	
ee also		[Next Cancel	

8. 选择要备份的信息,一般我们会默认选择 Let Windows choose 来决定备份内容,你也可以选择 Let me choose 来自行设定备份的内容,选择好后,点击 Next 选项进入下一步。

🚱 擾 Set up backup
What do you want to back up?
Itet Windows choose (recommended)
Windows will back up data files saved in libraries, on the desktop, and in default Windows folders. These items will be backed up on a regular schedule. How does Windows choose what files to back up?
◎ Let me choose
You can select libraries and folders and whether to include a system image in the backup. The items you choose will be backed up on a regular schedule.
Next Cancel

9. 我们可以通过点击 Change schedule 选项,来进行备份时间的设定。

Backup Location: Backup Summary:	Removable Disk (G:)	
Items		Included in backup
		Default windows folders and fo
Schedule:	Every Sunday at 7:00 PM	hange schedule

10. 你可以自己来决定备份的时间周期,具体的备份日期和备份时间,在选择好后,点击 OK 选项保存你的设定,或者点击 Cancel 选项来取消设定。

How often	do you want to bac	:k up?		
Files that have your backup a	changed and new files th ccording to the schedule	hat have been cre you set below.	ated since your	ast backup will be added to
🗹 Run backu	p on a schedule (recomm	nended)		
How often:	Weekly		-	
What day:	Sunday		•	
What time:	7:00 PM		•	

Review your backup settings	
Backup Location: Removabl Backup Summary:	le Disk (G:) mat
Items	Included in backup
All users	Default Windows folders and Io
Schedule: Every Sun	day at 7:00 PM <u>Change schedule</u>
	Save settings and run backup Cancel my

11. 等你都设定好后,点击 Save settings and run backup 选项,开始进行 backup 动作。

12. 系统开始 backup 动作,完成后系统将显示相应的备份信息。





13. 如果你第 2 次进行备份,则只需要点击 Back up now 选项就行了。



14. 你可以通过点击 Change settings 选项来更换你的备份信息或更换你的备份位置。更换备份信息操作请参考第 7-12 步。

Control Panel Home	Back up or rest	ore your files	
Turn off schedule	Backup		
 Create a system image Create a system repair disc 	Location:	(G:) 3.7 GB free of 3.7 GB Backup size: 52.2 MB Manage space	Back up now
	Next backup: Last backup: Contents: Schedule:	5/10/2009 7:00 PM 5/8/2009 1:53 PM Files in libraries and personal folders for all users Every Sunday at 7:00 PM Change settings	
	Restore		
	You can restore location.	your files that were backed up on the current	Restore my files
	Select anothe	r backup to restore files from	
	Recover system	settings or your computer	
See also			
Action Center			

15. 你可以通过点击 Manage space 选项,来查看你备份文件的具体信息。



🕞 🌺 Manage Windows Backup disk space		×
Select how disk space is used by	y Windows Backup	
Backup location:	Space usage summary:	Refresh
(G:) Browse	Data file backup: System image: Other Files: Free space: Total size:	51.8 MB 0 bytes 47.2 MB 3.7 GB 3.7 GB
Data file backup You can free up disk space by deletir	ng data file backups.	View backups
System image		
There are no system images for this	computer on this drive	Change settings
How do my backup settings affect my dis	<u>sk space?</u>	
		Close

16. 你可以通过点击 Restore my files 选项来进行备份还原工作。



17. 系统有 3 种还原备份文件方法:

A. 如果你点击 Search 选项,你可以通过搜索相应的文件名来进行备份。这种方法适用于不知道备份文件具体位置的情况。

Browse or sea	rch your backup for f ored to their latest version. date	iles and folders to restore	
Name Click Browse	In Folder for files, Browse for folders,	Date modified or Search to add files to this list.	Search Browse for files Browse for folders
			Remove Remove all
			Next Cancel

在 Search for 栏中输入你要还原的备份文件名,点击 Search 选项,系统就会自动帮你搜索你要的文件。当你要的文件出现在下面的结果窗口中,你就需要通过勾选你想还原的文件,来确认。你也可以通过点击 Select all 选项将搜索结果全部选中。 当确认好还原文件后点击 OK 选项,将要还原文件加入还原列表。

		Search
Name	In Folder	Date modified
🔲 🔜 MR04	D:\Users\xueweiping\Desktop	5/8/2009 1:25 PM
🗖 🔄 MR0410	D:\Users\xueweiping\Desktop	5/8/2009 1:41 PM
🗐 🔜 MR042	D:\Users\xueweiping\Desktop	5/8/2009 1:28 PM
🗖 🔄 MR043	D:\Users\xueweiping\Desktop	5/8/2009 1:30 PM
🗖 🔄 MR044	D:\Users\xueweiping\Desktop	5/8/2009 1:31 PM
V 🔄 MR045	D:\Users\xueweiping\Desktop	5/8/2009 1:33 PM
🗐 🚬 MR046	D:\Users\xueweiping\Desktop	5/8/2009 1:35 PM
🔄 🛌 MR047	D:\Users\xueweiping\Desktop	5/8/2009 1:37 PM
🔲 🔜 MR048	D:\Users\xueweiping\Desktop	5/8/2009 1:38 PM
nr049 🔄 MR049	D:\Users\xueweiping\Desktop	5/8/2009 1:51 PM

B. 如果你点击 Browse for files 选项,你可以在备份中直接查找你想要的文件,并进行还原动作。这种情况适用于你知道要还原的备份文件的具体地址。

() 1	Restore Files			
B	rowse or sea	arch your backup for fi	les and folders to restore	
	<u>hoose a differen</u>	<u>t date</u>		
	Name Click Browse	In Folder for files, Browse for folders, o	Date modified or Search to add files to this list.	Search Browse for files Browse for folders
				Remove
Ļ				Remove all
				Next Cancel

你可以在左边的目录中查找相应的文件,也可以在 file name 选项中直接输入你要还原的文件路径。确认好通过点击 Add Files 选项,将要还原文件加入还原列表。

Browse the backup for files → → Backup on (G:)	✓ 4y Search Backup on (G:)	x
Organize 👻		0
Microsoft® Windows Backup on (G:) xueweiping's backup Backup Backup Backup Backup Backup		
File name:	All Files	•
	Add files Cancel	

C. 如果你点击 Browse for folders 选项,你可以在备份中直接查找你想要的文件夹,并进行还原动作。这种情况适用于你知道要还原的备份文件夹的具体地址。

🌀 🗽 Restore Files			×
Browse or sea All files will be rest Choose a different	rch your backup for f ored to their latest version. date	iles and folders to restore	
Name Click Browse	In Folder for files, Browse for folders,	Date modified or Search to add files to this list.	Search Browse for files Browse for folders
			Remove Remove all
			Next Cancel

你可以在左边的目录中查找相应的文件夹,也可以在 Folder 选项中直接输入你要还原的文件夹路径。确认好通过点击 Add folder 选项,将要还原文件加入还原列表。

😓 Browse the backup for folders or drives		×
Backup on (G:) +	✓ 4 Search Backup on (G:)	Q
Organize 🔻	b ≓ ▼	0
Microsoft® Windows Backup on (G:) xueweiping's backup Backup		
Folder:		
	Add folder Cance	e l ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,

18. 当你在还原列表中确认好要还原文件或还原文件夹后,你可以通过点击 Next 选项,进入下一步。

选择还原文件后。你可以通过点击 Remove 选项或者直接点击 Remove all 选项,来删除 你不需要还原的文件。

All files will be restored Choose a different date	to their latest version.		
Name	In Folder	Date modified	Search
퉬 Backup of D:		5/8/2009 5:01 PM	Browse for files
			Browse for folders
			Remove
			Remove all

 19. 选择你要存放还原产生文件的地点,点击 Restore 选项,开始还原动作。 如果你点选 In the original location 选项,你会将还原好的文件放到原路径中。 如果你点选 In the following location 选项,你需要直接输入存放文件位置,或者通过点 击 Browse 选项来查找路径。

🛿 🛞 Restore Files		
Where do you want to restore your files?		
In the original location		
In the following location:		
	Browse	
20 ⁻		

20. 还原成功后,点击 Finish 选项退出。

Restore Files		
Your files have been restored		
View restored files		
		Finish

21. 你可以通过点击 Select another backup to restore files from 选项来选择其他备份版本进行 还原。

Control Panel +	System and Security 🔸	Backup and Restore 👻	49	Search Contr	ol Panel	م
Control Panel Home	Back up or resto	ore your files				0
🚱 Turn off schedule	Backup					
🚱 Create a system image	Location:	(G:)			Rack up 1	
🚱 Create a system repair disc	-	3.7 GB free of 3.7 GB			C Possible	
	~	Backup size: 52.2 MB				
		🚱 Manage space				
	Next backup:	5/10/2009 7:00 PM				
	Last backup:	5/8/2009 1:53 PM				
	Contents:	Files in libraries and personal	l folders	for all users		
	Schedule:	Every Sunday at 7:00 PM				
		😽 Change settings				
	Restore					1
	You can restore y location.	our files that were backed up on	the cur	rent	Restore my	files
	BRestore all use	ers' files				
	Select another	backup to restore files from				
	Recover system s	ettings or your computer				
See also						
Action Center						
🚱 Windows Easy Transfer						

22. 你可以在备份列表中选择你要的备份,然后点击 Next 选项来确认。

t the drive with the backup to this
Backup location
C Removable Disk (G:)

本教程是以 Windows 7 RC 版为基础编写的,如有区别,请读者按照自己系统版本,进行相应修改。