5.6.3 Lab: Registry Backup and Recovery in Windows XP

Introduction

Print and complete this lab.

In this lab, you will back up a computer registry. You will also perform a recovery of a computer registry. The registry is also called System State data.

Recommended Equipment

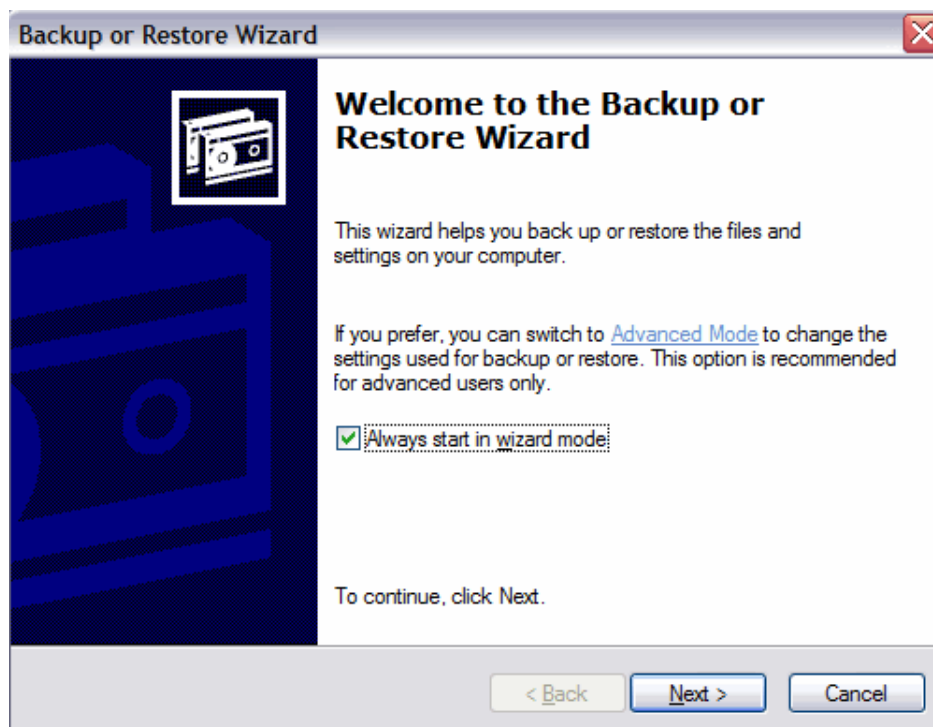The following equipment is required for this exercise:
- A computer system running Windows XP is required for this exercise.

Step 1
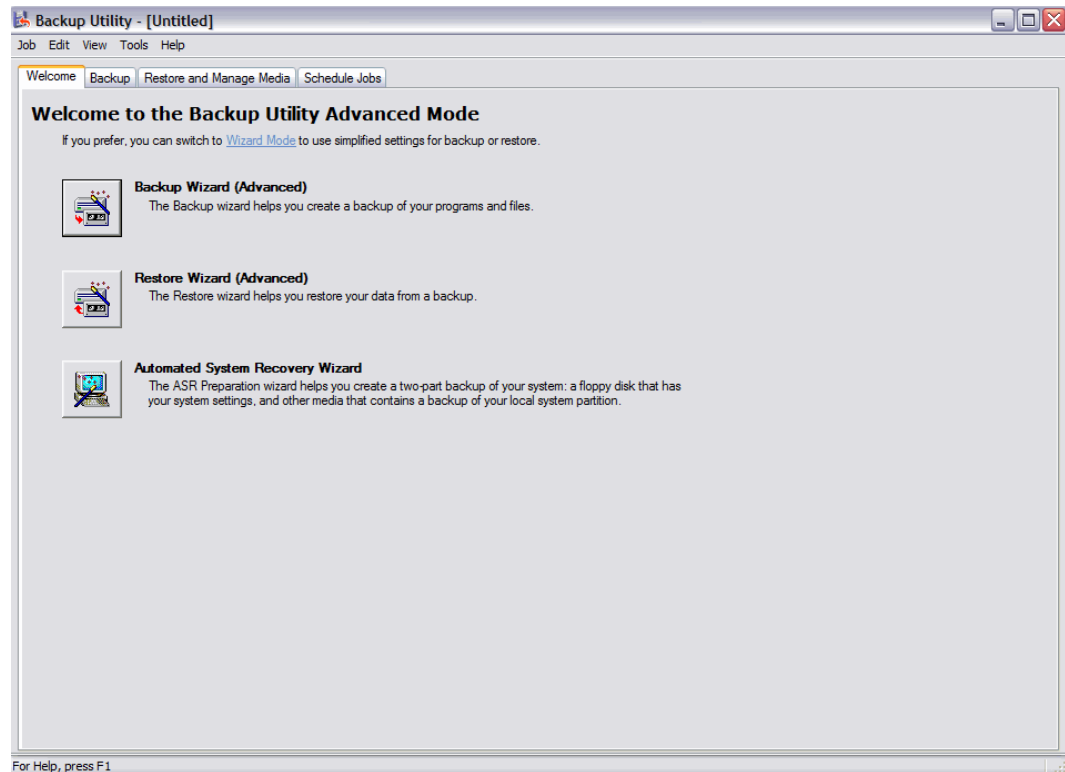
Log on to the computer as yourself.

Click **Start > Run**.

Type **ntbackup** and then click **OK**. The "Backup or Restore Wizard" window appears.
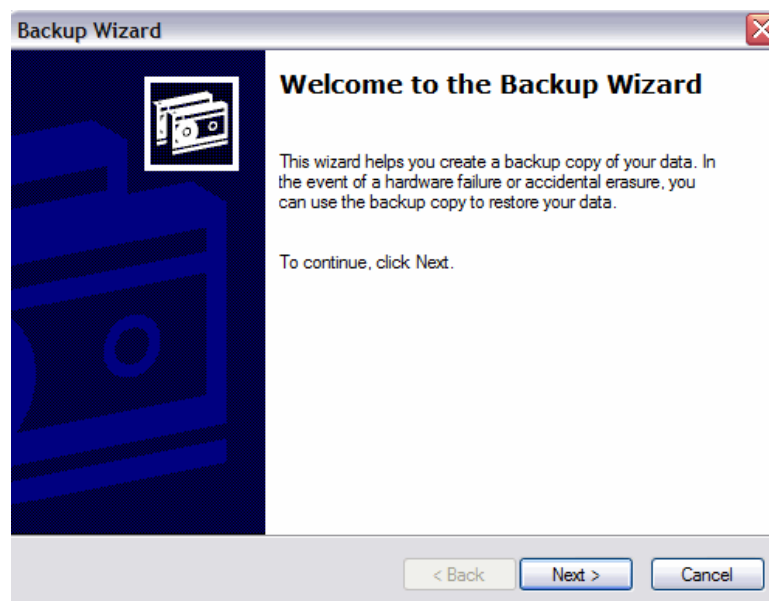
Step 2

Click **Advanced Mode**.

The Backup Utility window appears.

Step 3
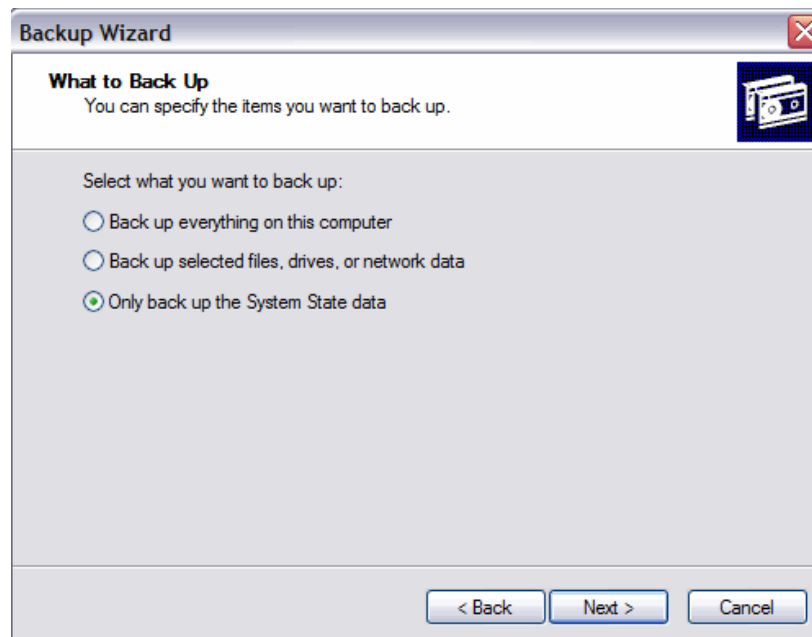
Click **Backup Wizard**.

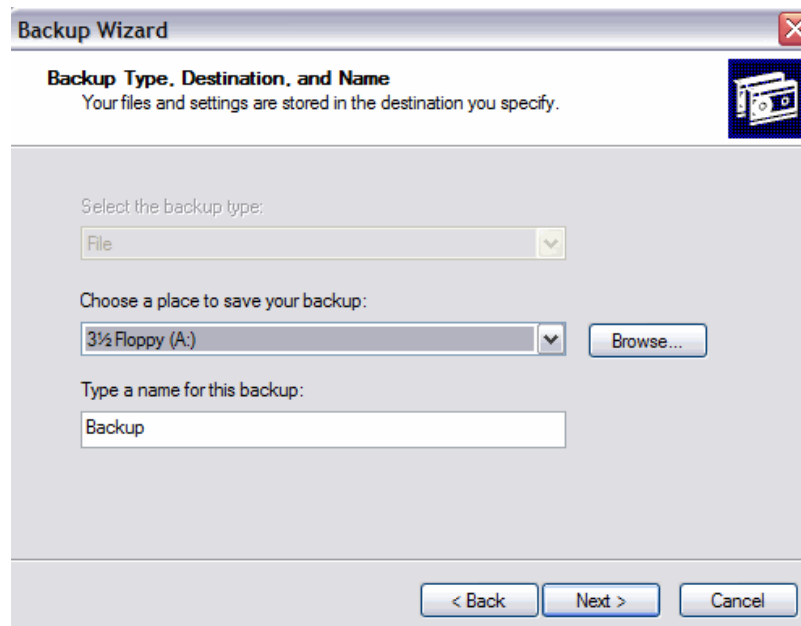The "Welcome to the Backup Wizard" window appears.

Step 4

Click **Next**.

Click the **Only back up the System State data** radio button.

Step 5

Click **Next**.
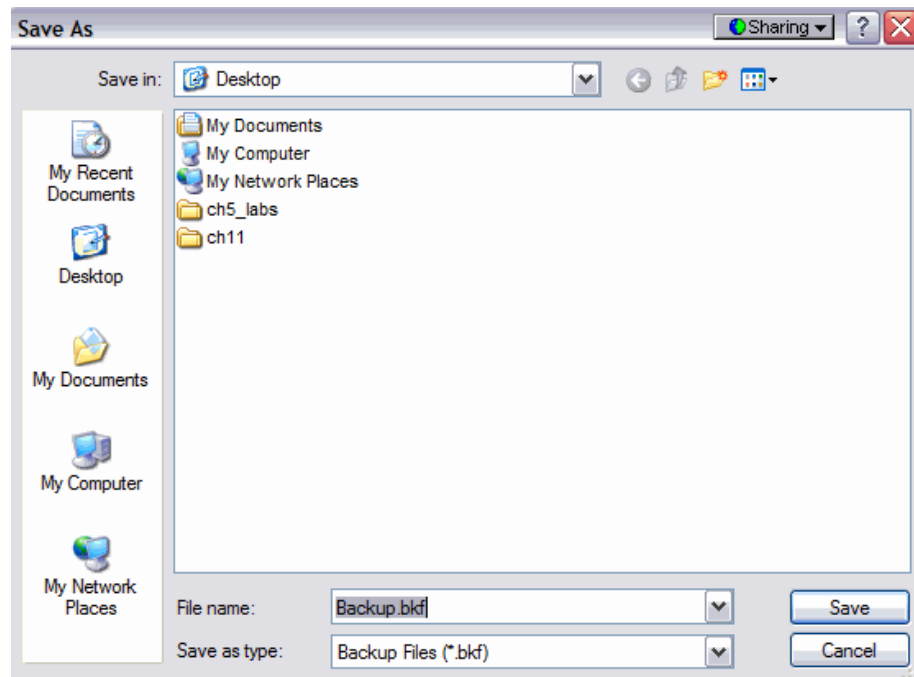
The "Backup Type, Destination, and Name" window appears.

Step 6

Click **Browse…**.

If you are asked to insert a disk into the floppy disk drive, click **Cancel**.
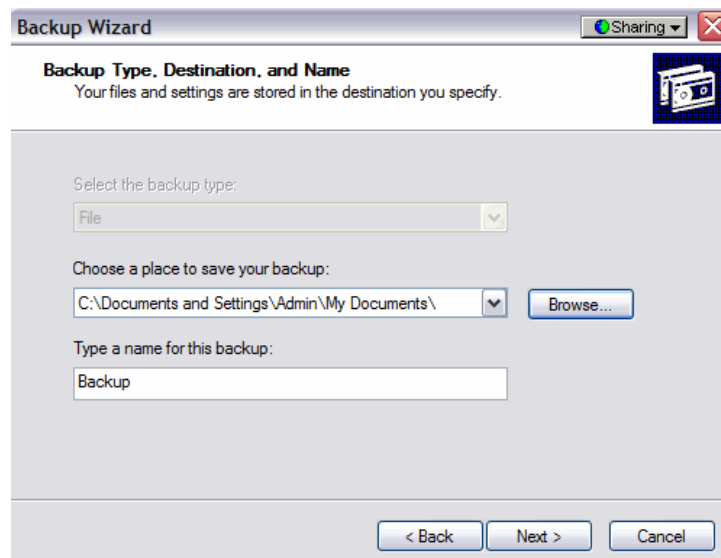
The "Save As" dialog box appears.

Step 7

Click the **My Documents** icon on the left side of the "Save As" dialog box.

Click **Save**.

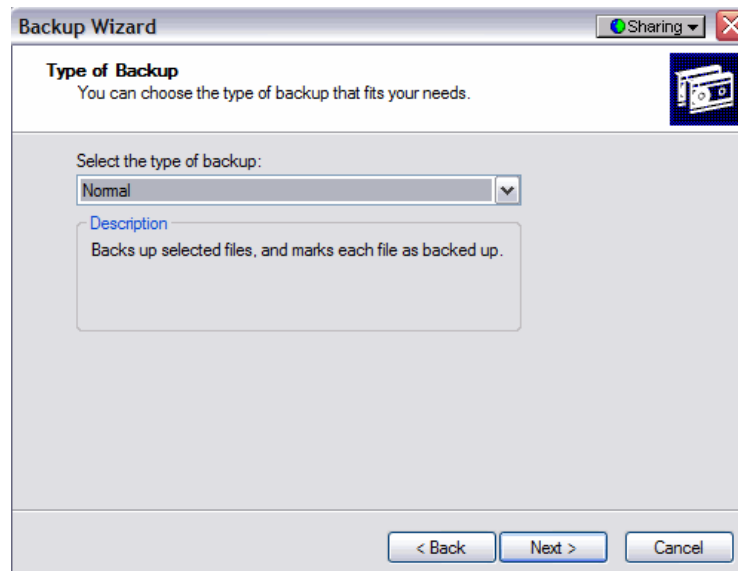The "Backup Type, Destination, and Name" window re-appears.

Step 8

Click **Next**.

The "Completing the Backup Wizard" window appears.

Step 9

Click **Advanced…**.
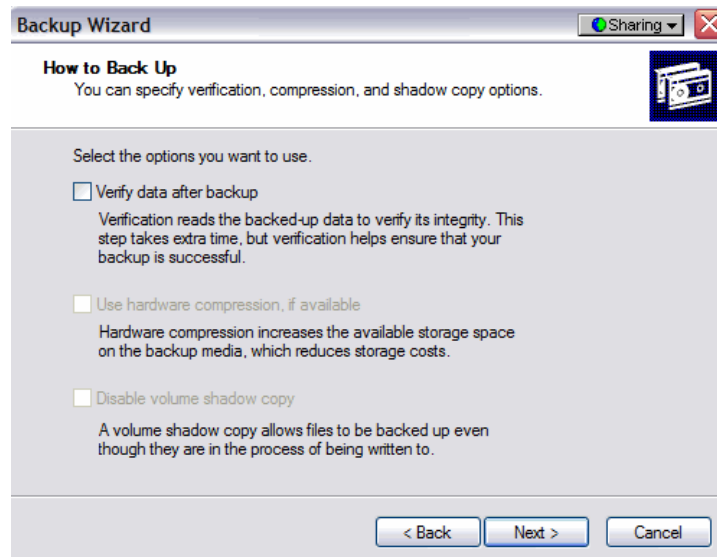
The "Type Of Backup" window appears.

The default backup type is "Normal". If available, make sure that "Backup Migrated Remote Storage Data" is not checked.

Step 10

Click **Next**.

The "How To Backup" window appears.

Step 11

Click the **Verify Data After Backup** check box, and then click **Next**.
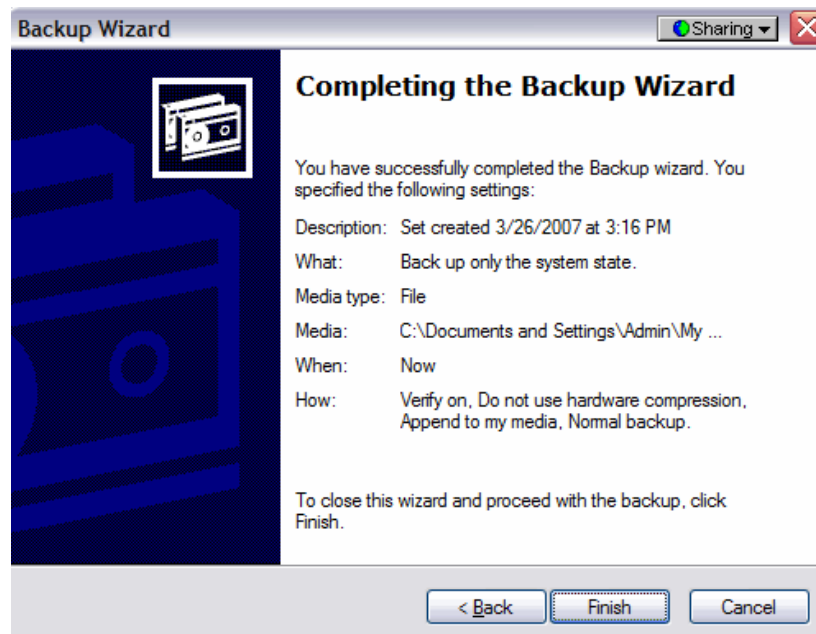
The "Backup Options" window appears.

Step 12

Click **Replace the existing backups**, and then click **Next**.

The "When to Back Up" window appears.

Step 13

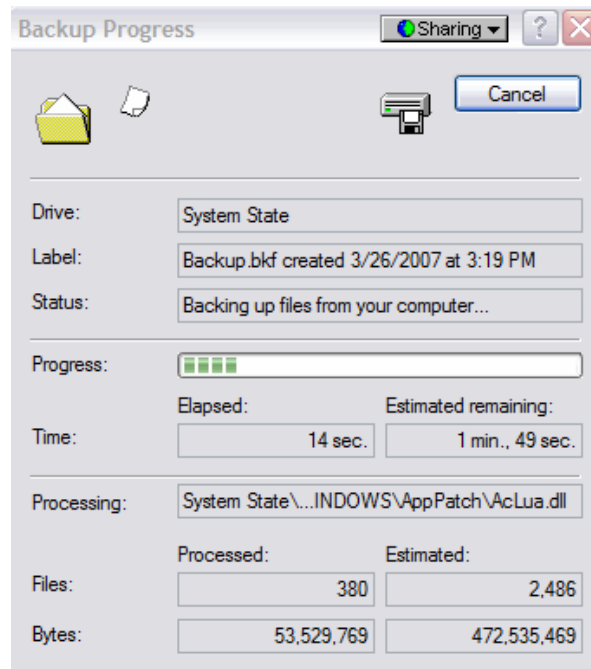At the "When To Back Up" window, click **Now** and then click **Next**.

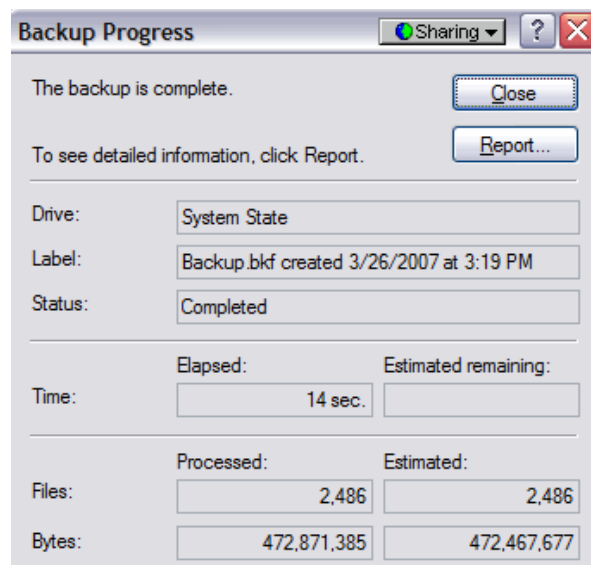The "Completing the Backup Wizard" window appears.

Step 14

Click **Finish**.

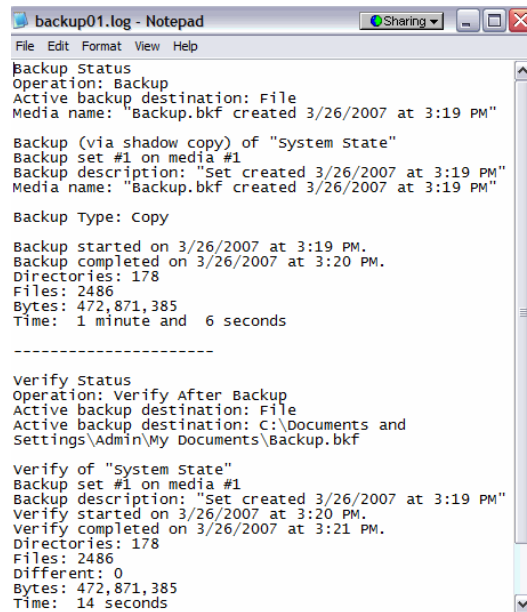The "Backup Progress" window appears.

The "Backup Progress" window indicates that the backup is complete.

Step 15

Click **Report**.

The Notepad application window appears containing the report.

Close Notepad.

In the Backup Progress dialog box, click **Close**.

Close the Backup Utility.

Step 16

Click **Start > Run…**.

Type **regedit** in the "open:" field. The Registry Editor window appears.
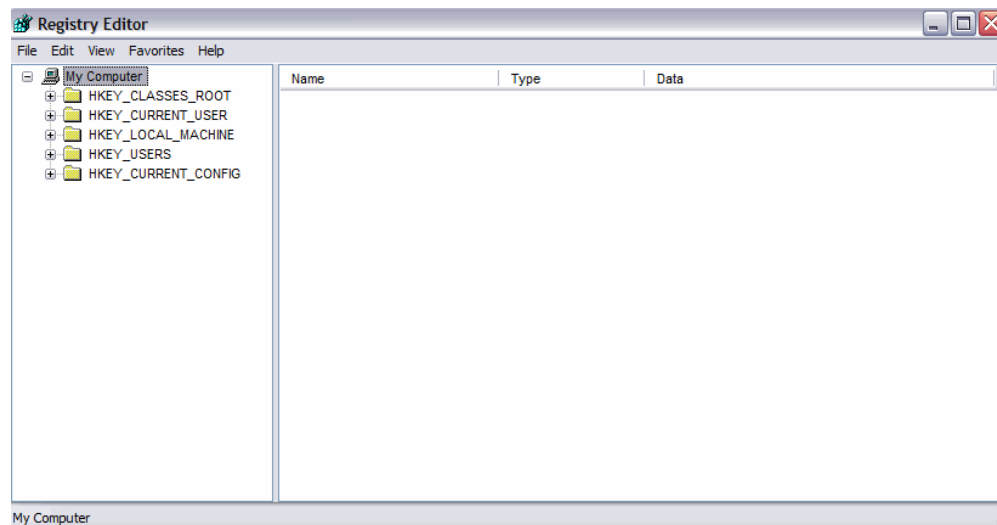
Step 17

Expand the **HKEY_CURRENT_USER** Registry Key.

Expand the **Control Panel** Registry Key.

Expand the **PowerCfg** Registry Key

Right-Click the **Screen Saver.Stars** Registry Key

Click **Delete**

Click **File > Exit** in the Registry Editor window.

Browse to the "My Documents" folder and locate the "backup.bkf" file.

Double-click the backup file to bring up the Backup Utility Wizard.

Click **Next**.
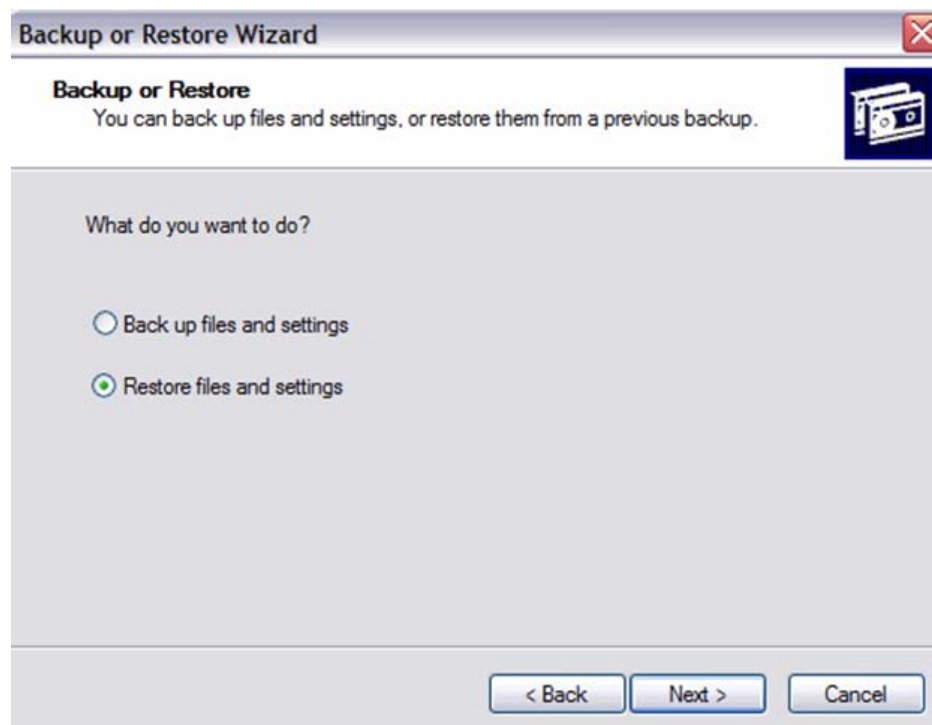
Step 18
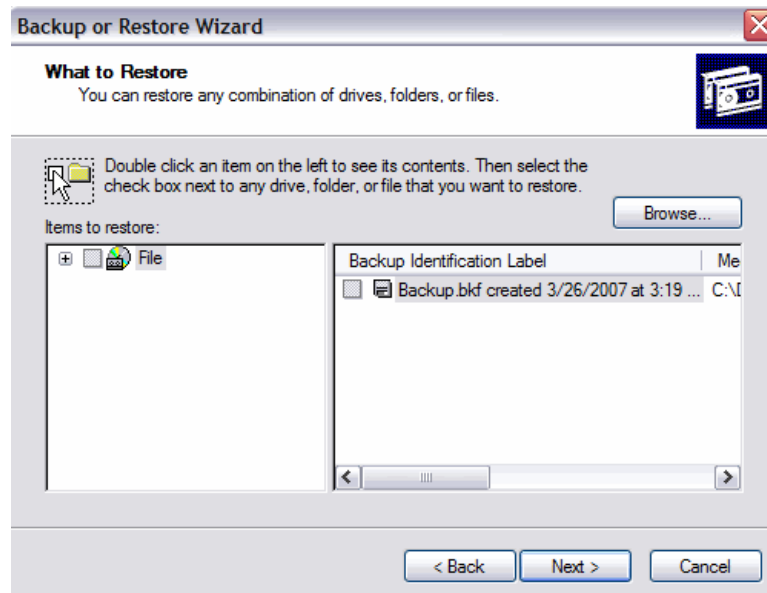
Click the **Restore files and settings** radio button and then click **Next**.
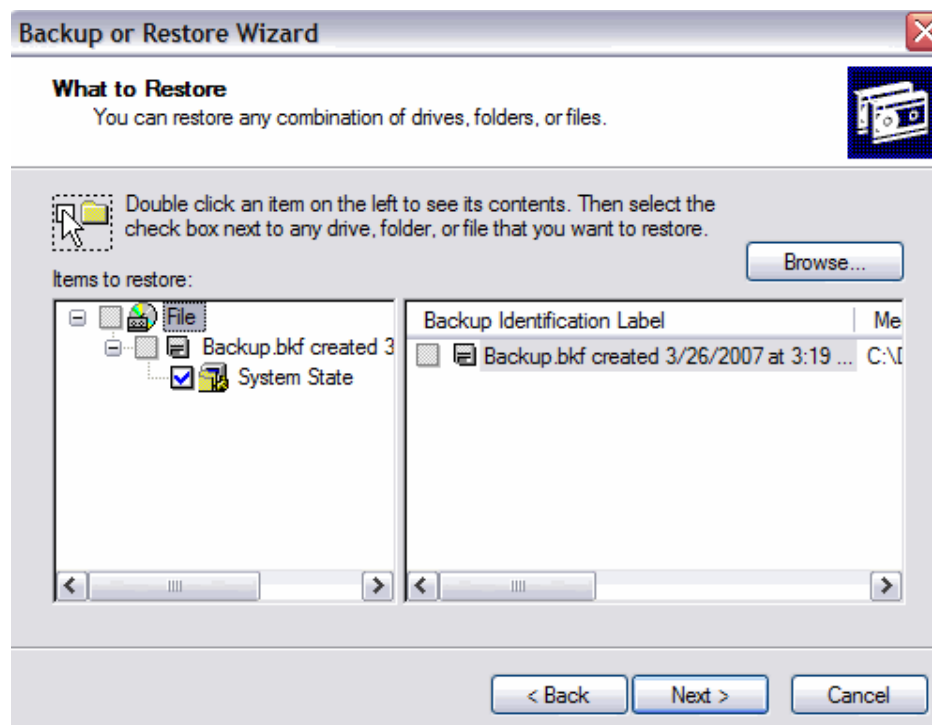
The "What to Restore" window appears.

Step 19

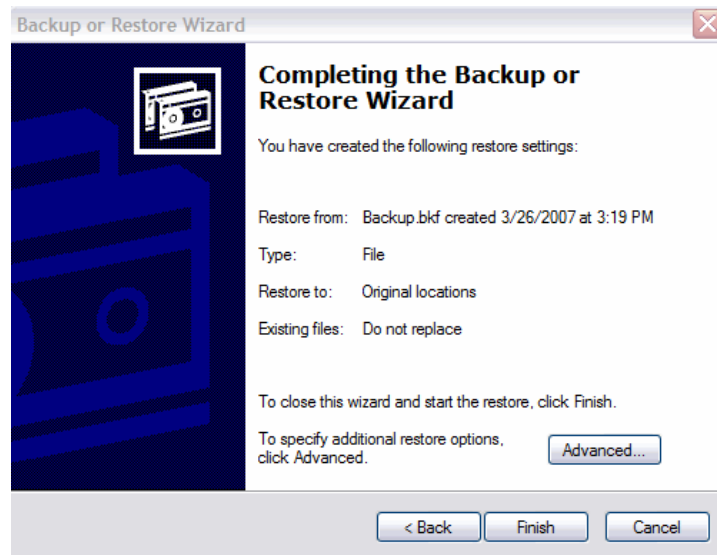Expand the file.

Expand the backup.bkf file.
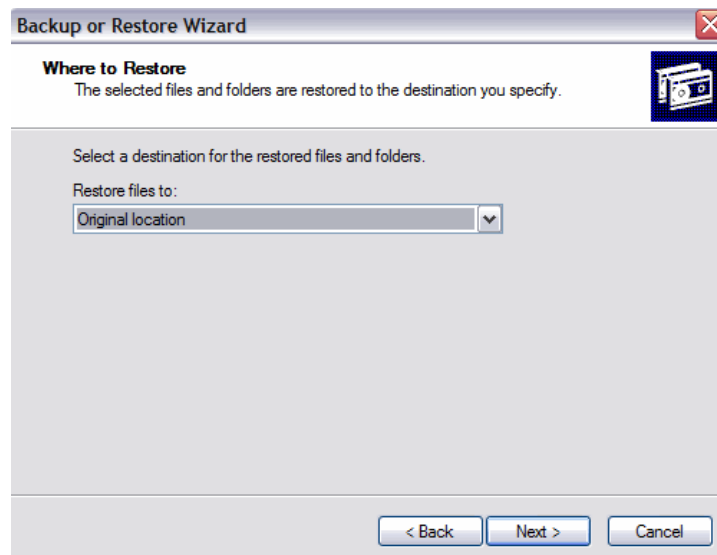
Click the **System State** check box.

Step 20

Click **Next**.

The "Completing the Backup or Restore Wizard" window appears.

Step 21

Click **Advanced**.

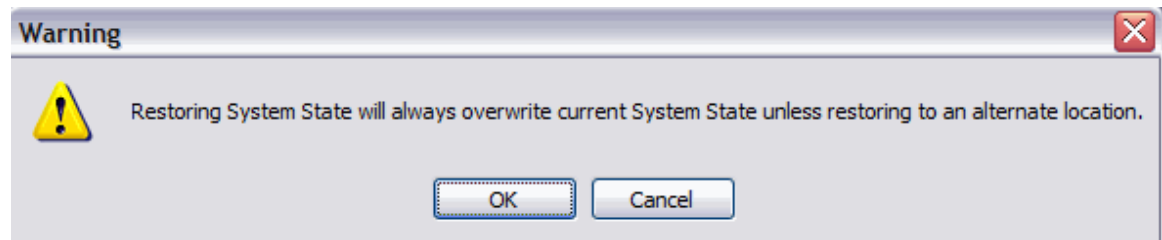The "Where to Restore" window appears.

Step 22

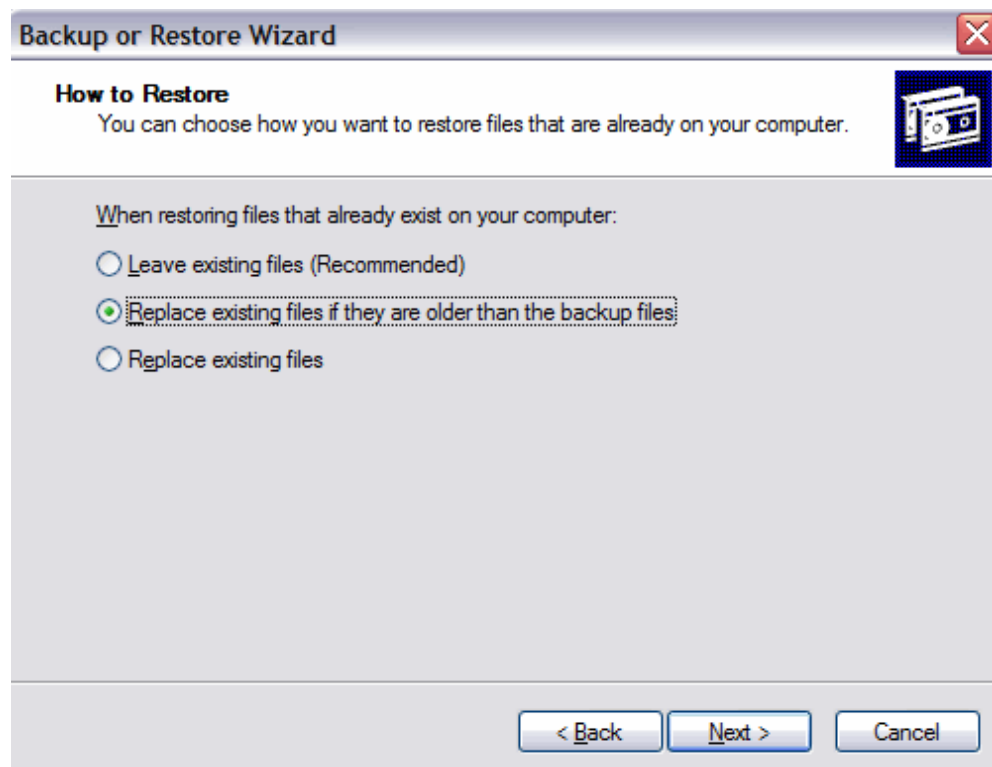The default restoration location is "Original location".

Click **Next**.

The "Restoring System State will always overwrite current System State unless restoring to an alternate location." Warning window appears.

Click **OK**.

Warning

⚠ Restoring System State will always overwrite current System State unless restoring to an alternate location.

[OK]   [Cancel]

Step 23

Click the **Replace existing files if they are older than the backup files** radio button.

Backup or Restore Wizard

How to Restore
You can choose how you want to restore files that are already on your computer.

When restoring files that already exist on your computer:

○ Leave existing files (Recommended)

◉ Replace existing files if they are older than the backup files

○ Replace existing files

[< Back]   [Next >]   [Cancel]

Step 24

Click **Next**.

The "Advanced Restore Options" window appears
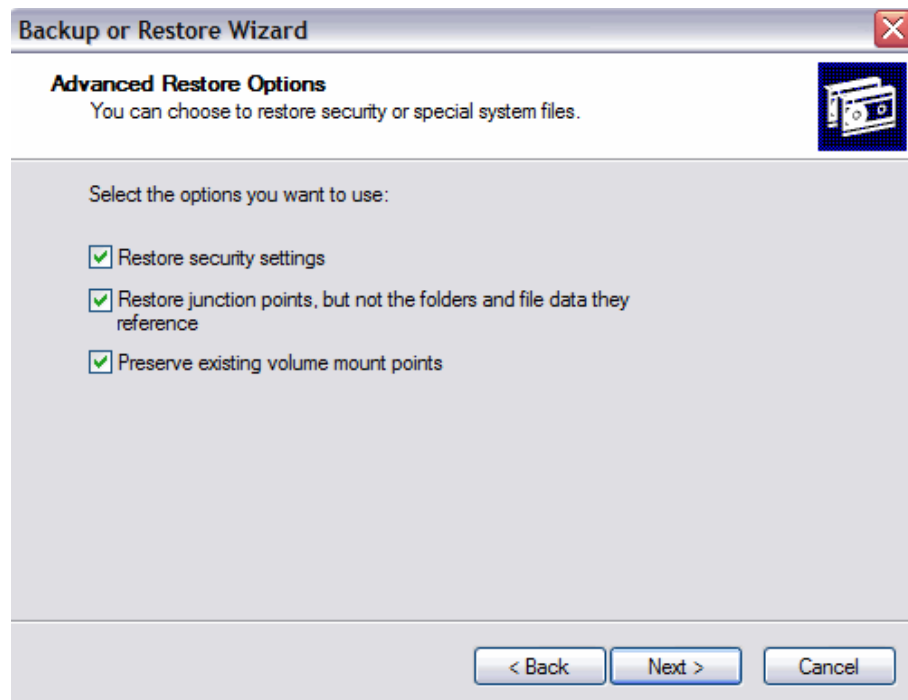
Be sure that all three check boxes are selected, and then click **Next**.

Click **Finish**.

The system recovery begins by copying the files back to the computer.

When prompted to restart the computer, click **Yes**. The computer will restart.

Step 25

Click **Start > Run…**.

Type **regedit** in the "Open:" field.

Click **OK**.

You should see the "Screen Saver.Stars" Registry key in the Registry Editor application window.

Click **File > Exit**.

1. How does backing up the system state files save time?