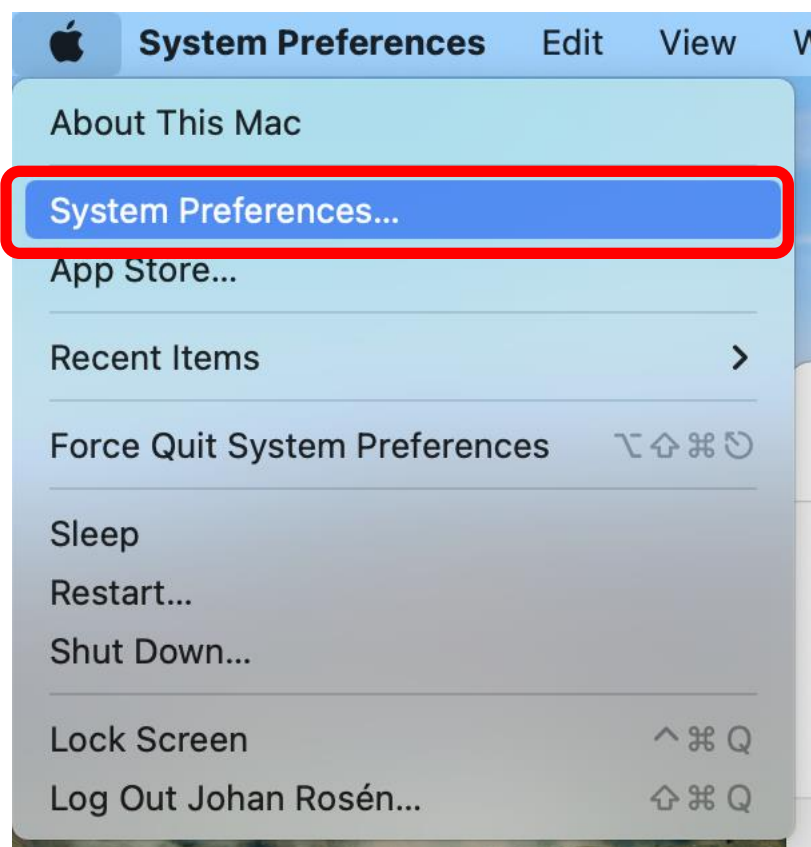


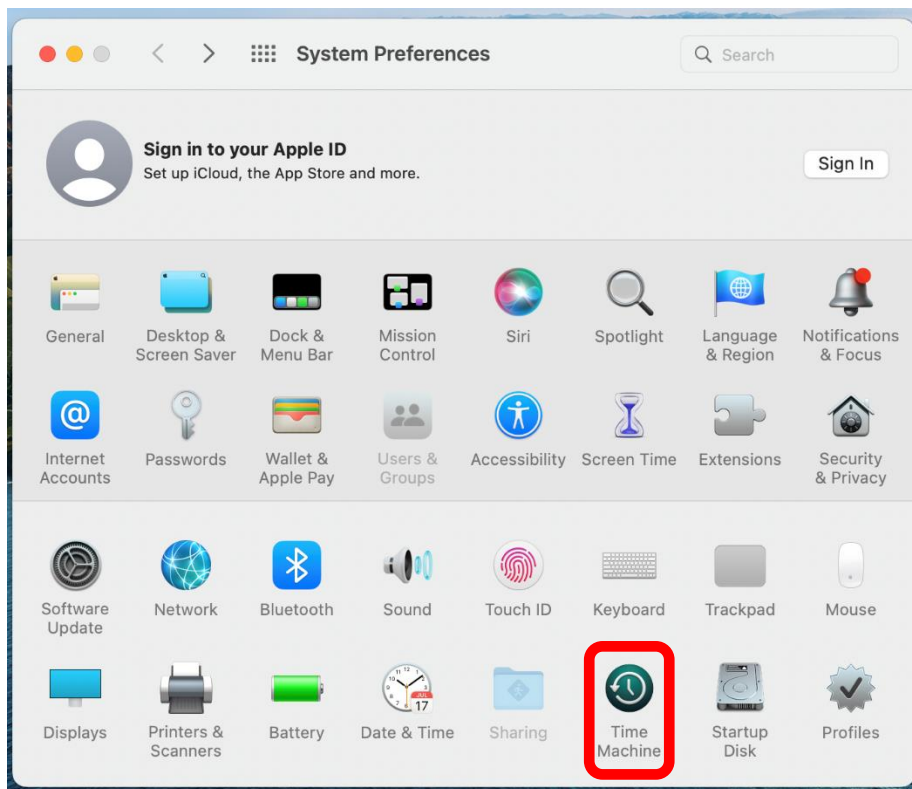
How to use backup with Time Machine

This document describes how to make backups with Time Machine on a MAC-computer. This example is done on a Mac with macOS Monterey 12.6.3 and an Apple Silicon M1 processor.

1. Click on the apple and chose System Preferences

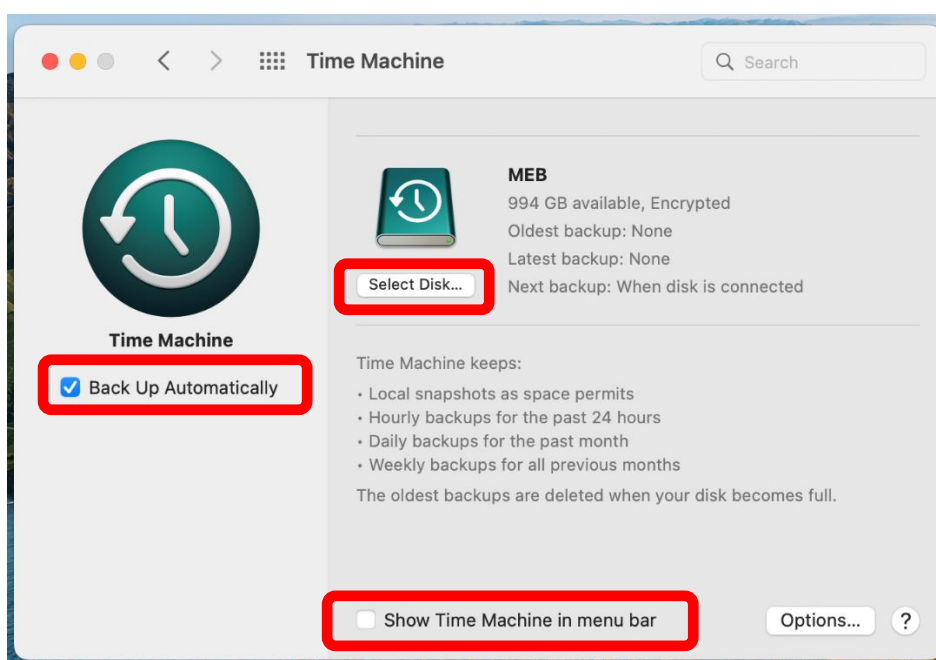


2. Click on Time Machine

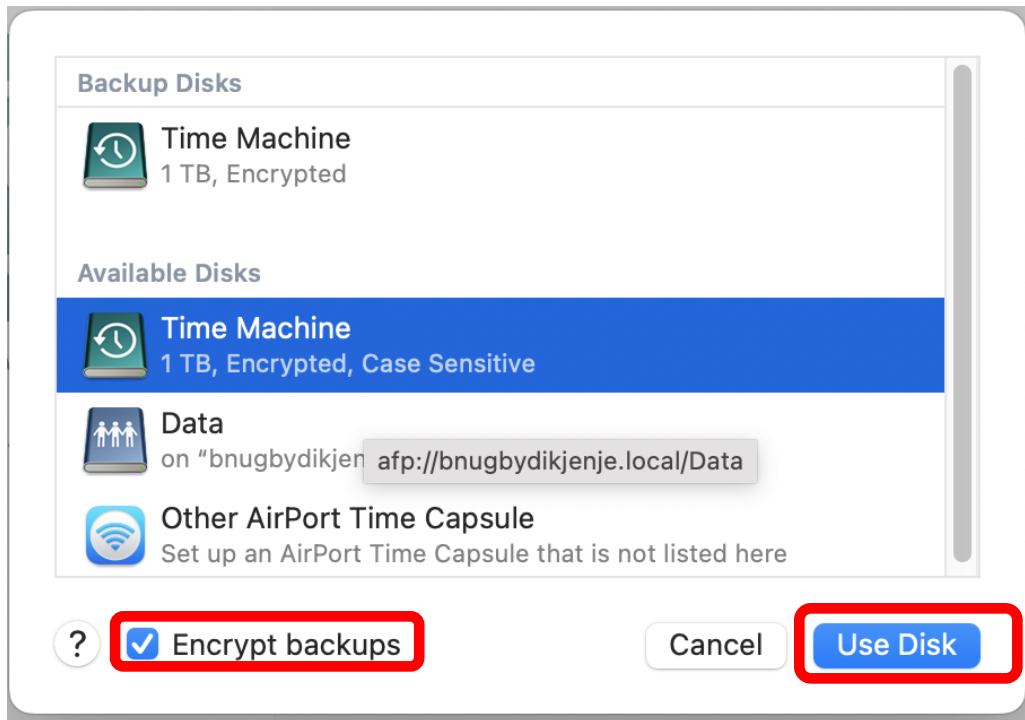


3. Here you can select Back Up Automatically or not. Under Select Disk you can select which external disk you want to Backup to. In this example I have called it MEB. Chose "Show Time Machine in menu bar".

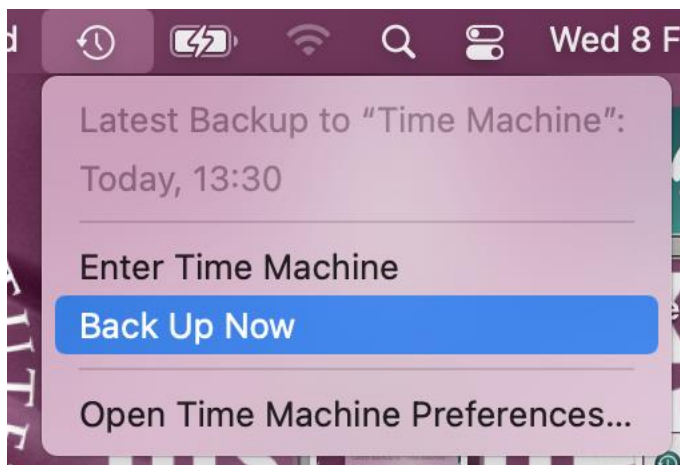
4. Click on "Select disk".



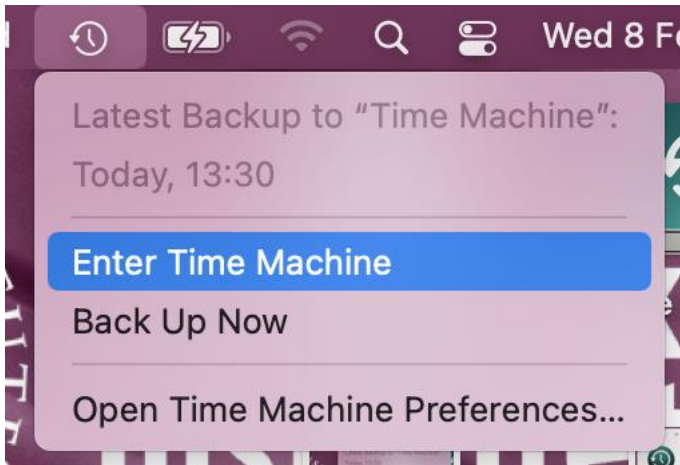
- Here you choose if you want the Backup to be Encrypted and/or protected with a password. Choose your external disk and click on "Use Disk".



- If you have chosen to Backup Automatically the backup start in 1 minute. Otherwise, you can manually start it from the icon to the right in the Menu bar.



7. To restore from backups you click the Time Machine icon in the Menu bar and chose "Enter Time Machine"



8. Here you can chose date and time from where you want to restore from.

