

PRINTABLE GUIDE

How to back up an Android phone

Back up your phone before replacing or resetting it, then check what was saved.

Android with Google services; some steps require Android 9+ | 1 min read | 5 steps

Before you start

- ☐ Connect to Wi-Fi and use a PIN, pattern, or password screen lock.
- ☐ Menu names vary by phone manufacturer and Android version.

1. Open Google settings

Open your phone's Settings, then Google, then All services.

- ☐ Done this step

2. Find Backup

Under Backup and restore, open Backup.

- ☐ Done this step

3. Check your account

Confirm the Google Account being used. If prompted, enable Backup by Google One and follow setup.

- ☐ Done this step

4. Start a backup

Tap Back up now. Keep the phone connected while it backs up.

Completion can take up to 24 hours. Confirm it has finished before erasing your phone.

- ☐ Done this step

5. Review what was included

Check Backup details for included data and apps. Check Google Photos separately for photo and video backup.

☐ Done this step

Try it for yourself

Try the task with something you are comfortable changing. Stop if a message asks you to erase data or spend money.

☐ I tried the task.

My notes

Does backup include every app's data?

No. Not all apps back up or restore all their settings and data.

Can I restore onto an older Android version?

Use the same or a newer Android version. A newer-version backup cannot be restored to an older version.

Official help and the online guide

Google manual backup steps - <https://support.google.com/android/answer/12760783?hl=en>

Android backup coverage and limitations - <https://support.google.com/android/answer/2819582?hl=en>

Read online: <https://plaintech-guides.pages.dev/guides/back-up-android/>