# Backups

The website nttg.biz has the **Basic Backup Service** from SiteGround.

## What is the Basic Backup Service?

The **Basic Backup Service** seems to be a daily backup of the website files for the last 30 days. The backup seems to run at about 5 am CDT every day.

This services also seems to include a daily backup of the website database for the last 30 days.