**Setting up AWS Backup**

Open AWS Backup dashboard

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* Select settings from the navigation bar on the left

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- Select “Configure resources” from the top right hand corner

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- Select the AWS resources you plan to backup. For our solution that is EC2 and EBS.

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- Select “Create on-demand backup” from the top right hand corner

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* Select your EC2 instance and decide on how long you want the backup to keep for. We chose 21 days to keep it for 3 sprints after, and to save on storage.
* You can create a new vault to store it in, or just leave it as the default.

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* Now, we will automate the back up
* You can choose when in the week you want the backup to occur. We chose midnight on Thursday (for the production instance) so that if something goes wrong during sprint transition (on Thursday) we have a clean instance to roll back to.
* You can also back up any storage instances you are using.

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* To see the backups, you can navigate to vaults on the navigation bar on the right.

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* From there, you can view your recovery points and choose to restore from that point.

Source:

https://aws.amazon.com/getting-started/hands-on/amazon-ec2-backup-and-restore-using-aws-backup/