--Execute a full database backup

Use Admin

Go

BACKUP DATABASE [Admin]

TO DISK = N'C:\Program Files\Microsoft SQL Server\MSSQL11.MSSQLSERVER\MSSQL\Backup\Admin.bak'

WITH NOINIT,

NAME = N'Admin-Full Database Backup'

GO

--Running the DBCC CHECKDB: Checks the logical and physical integrity of all the objects in the specified database

In a production server, where the database may be very large, running this can cause performance issues; thus run with NO\_INFOMSGS which suppresses all informational messages and other options

Use Admin

Go

DBCC ChecKDB