Step 1. Start the service

- Use Docker Compose to start WordPress, the startup instruction is **docker compose up -d.**
- Verify that the service is normal:

```
PS C:\Users\ROG\Desktop\IT-Intern-Test> docker ps
CONTAINER ID   IMAGE                      COMMAND                  CREATED       STATUS         PORTS
          NAMES
c24a02c4675f   wordpress:latest           "docker-entrypoint.s…"   44 hours ago   Up 34 minutes   0.0.0.0:8080->80/tcp, [::]:808
0->80/tcp   lifepaws-wordpress
c84449b42818   phpmyadmin/phpmyadmin:latest   "/docker-entrypoint.…"   44 hours ago   Up 34 minutes   0.0.0.0:8081->80/tcp, [::]:808
1->80/tcp   lifepaws-phpmyadmin
65cf28526c2b   mysql:8.0                  "docker-entrypoint.s…"   44 hours ago   Up 34 minutes   3306/tcp, 33060/tcp
          lifepaws-mysql
PS C:\Users\ROG\Desktop\IT-Intern-Test>
```

Step 2. Install the plugin

- Log in to WordPress admin: http://localhost:8080/wp-admin
- Open Plugins → Install Plugin
- Search for and install All-in-One WP Migration.
- Activate the plugin

Step 3. Import the backup

- Go to the WordPress admin → All-in-One WP Migration → Import
- Click Import From → File
- Select and upload lifepaws-demo.wpress

Step 4. Encounter upload size limits

If you encounter upload size limits, you need to modify the php.ini configuration

```
; configuration to handle large file uploads

; File upload settings
upload_max_filesize = 512M
post_max_size = 512M
max_execution_time = 300
max_input_time = 300
memory_limit = 512M

; Additional settings for large file handling
max_file_uploads = 20
file_uploads = On

; Error reporting (useful for debugging)
display_errors = On
log_errors = On
error_log = /var/log/php_errors.log
```

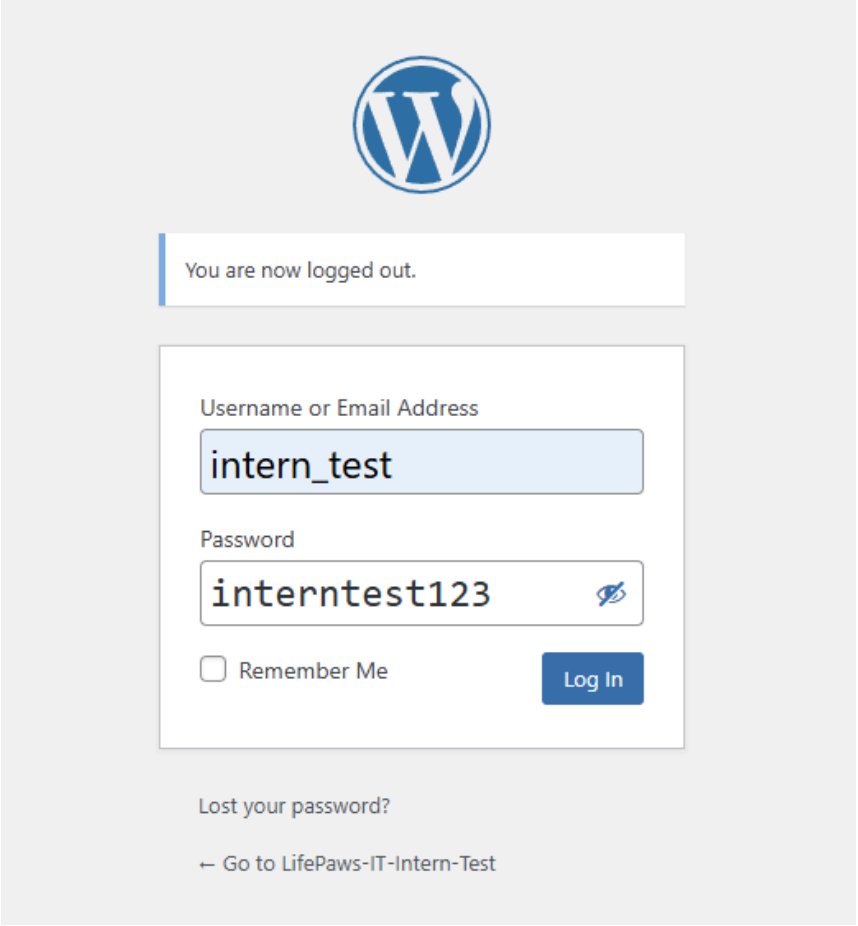
Step 5. Reset user password

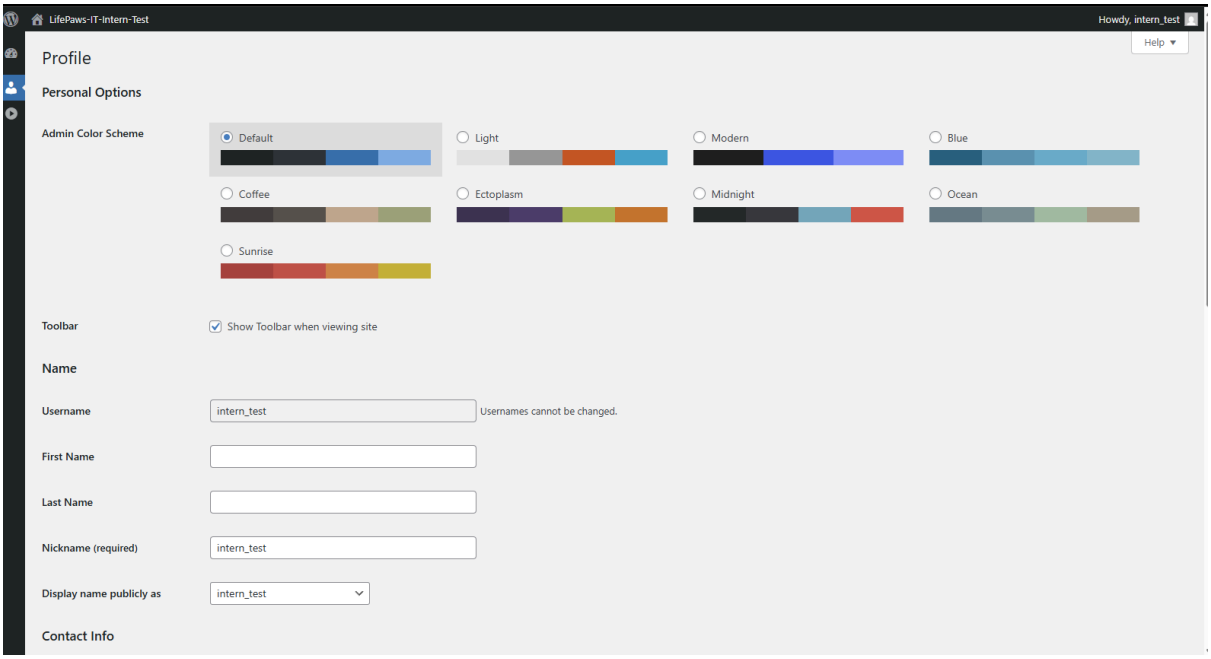
After importing, use the MySQL command to change the password of the intern_test user in the container:

docker exec -it lifepaws-mysql mysql -u wordpress -pwordpress_password wordpress -e "UPDATE wp_users SET user_pass = MD5('interntest123') WHERE user_login = 'intern_test';"

```
PS C:\Users\ROG\Desktop\IT-Intern-Test> docker exec -it lifepaws-mysql mysql -u wordpress -pwordpress_password wordpress -e "UPDATE
wp_users SET user_pass = MD5('interntest123') WHERE user_login = 'intern_test';"
```

After successful execution, you can log in with the following credentials:





Some explanation

1. Explain how you would handle a backup larger than the upload limit

- For local testing, editing constants.php and increasing php.ini values.
-
```
; File upload settings
upload_max_filesize = 512M
post_max_size = 512M
max_execution_time = 300
max_input_time = 300
memory_limit = 512M
```
- For very large sites , consider switching to a different backup tool (like Duplicator or WP CLI wp export/import), which handle multi-GB sites more gracefully.

2. Suggest one or two improvements to make WordPress more secure
    - Harden Authentication
        - Use strong passwords and enforce them for all users.
        - Change the default login URL (e.g., from `/wp-admin` to something custom) to reduce brute-force attempts.
    - Keep Core, Plugins, and Themes Updated
        - Always run the latest WordPress core version.
        - Enable automatic updates for minor releases and security patches.
        - Regularly update plugins/themes, and remove any unused ones.