To backup Postgres step by step via scripts:

1. Make new .pgpass file in the root folder:

```
$ vi .pgpass
```

2. Paste the following content from in /root/.pgpass

```
localhost:5432:DATABASE:USER:PASSWORD
```

Make sure to run the below:

- \$ Chmod 0600 .pgpass
- 3. Create new file /root/pg_backup.sh and paste the below:
 - a. Note: script is attached. Change variables accordingly.

```
#!/bin/bash
# This script will backup the postgresql database
# and store it in a specified directory

# Constants

USER="user_name_of_db"
DATABASE="name"
HOST="localhost"
BACKUP_DIRECTORY="/root/backup_db"

# Date stamp (formated YYYYMMDD)
# just used in file name
CURRENT_DATE=$(date "+%Y%m%d")

# Database named (command line argument) use pg_dump for targed backup
pg_dump -U $USER $DATABASE -h $HOST | gzip - > $BACKUP_DIRECTORY/$DATABASE\_$CURRENT_DATE.sql.gz
# Cleanup old backups

find $BACKUP_DIRECTORY/* -mtime +7 -exec rm {} \;
```

4. Change permissions: "to make it executable"

```
$ chmod 700 /root/pg_backup.sh
```

5. Create a cronjob:

```
$ crontab -e
```

6. Add the below in crontab -e:

```
0 0 * * * /root/pg_backup.sh
```