How to backup images:

1. You must have a computer/pi running on an sd card other than the one you want to backup (called host)
2. On the host computer make sure gparted is installed- <https://learn.adafruit.com/resizing-raspberry-pi-boot-partition/edit-partitions>
3. Put the sd card you want to back up into a usb card reader and then plug the card reader into the host
4. Open GParted and select the sd card as the device and not the pi host itself, the host will be selected by default so change the device to the sd card
5. Once it shows the SD cards partitions, resize according to your needs, if it says that the size selected was smaller than the minimum then incrementally decrease the partition till the maximum shrink point
6. Install the latest verion of win32diskimaged (v 1.0.0) and make sure you have selected the ’read only allocated partitions box’
7. Specify file location as somewhere you want to save the .img file example- C:\users\user1\Desktop\backup.img
8. Click read
9. The img file will be saved in the location you specified