

SEM Coaching - 27

WordPress Backup & Security

WordPress Backup Considerations

- ❖ Determine WHAT you want backed up:
 - WordPress Databases (Content)
 - WordPress Plugins
 - WordPress Themes
 - WordPress Uploads
 - Entire Site
- ❖ Determine backup FREQUENCY & LOCATION
 - Manual vs Automated Backups
 - Backup Storage Location
- ❖ Determine whether you require a CLONING solution

WordPress Backup Options

❖ Free

- EZPZ OCB Backup

❖ Paid

- BackupBuddy.com
- WPDollyPro.com
- BackupCreatorPlus.com
- VaultPress.com

❖ Recommended

- BackupCreatorPlus.com
- VaultPress.com


EZPZ One Click Backup

- ❖ Cost: FREE
- ❖ Manual Backup: Yes
- ❖ Scheduled Backup: Yes
- ❖ Backup Location: Server + Download
- ❖ Restore Method: FTP
- ❖ Able to Clone: No
- ❖ Location: WordPress > Plugins > Add New
Search for 'EZPZ backup'
- ❖ Comments: BEST FREE BACKUP & RESTORE solution. Highly recommended for internet marketers!



EZPZ OCB Backup

Inside WordPress Dashboard


EZPZ OCB - Backup
Version 0.8.2

Backups
Settings
Information
EZPZ Solutions
1:25

1. First we need to gather some information about **Local Marketing Coaching Singapore**
Don't worry, sit back and I'll do all the work.
2. Getting the total size of **Local Marketing Coaching Singapore** » 63.80 Mb ✓OK
3. Get the required database information.
 - DB Host: **localhost** ✓OK ◦ DB Name: **localmar_wrdp2** ✓OK
 - DB User: **localmar_wrdp2** ✓OK ◦ DB Password: **[Hidden]** ✓OK
 - Website URL: **http://localmarketingcoaching.com/theme1** ✓OK
 - Get Full Wordpress Path: **/home/localmar/public_html/theme1** ✓OK
4. Now let's get the database contents and create the database backup file.
 - Archiving Your Database ✓OK
5. Finally we'll zip Local Marketing Coaching Singapore, the restoration script and the database into:
Local_Marketing_Coac_2011-11-29.zip
 - Copying WordPress files ✓OK ◦ Finalizing the backup ✓OK
6. Backup compressed from 63.80 Mb to 56.09 Mb.

Hopefully that was relatively quick and painless... because WE'RE DONE!

If you were expecting a more complicated process, I apologize... That's all there is to it. Just click the Download button and you'll have a complete copy of your website safely tucked away on your computer. If you'd rather download it later, no worries, I'll keep it handy. Keep in mind that I only store the latest backup on the server because they tend to pile up and can consume a lot of precious disc space.

Download Your Backup

VaultPress

- ❖ Cost: \$15/month
- ❖ Manual Backup: No
- ❖ Scheduled Backup: 30 mins Incremental
- ❖ Backup Location: Remote Server
- ❖ Restore Method: FTP
- ❖ Able to Clone: No
- ❖ Location: <http://www.vaultpress.com>
- ❖ Comments: Developed by creators of WordPress. Peace of mind. Recommended for revenue generating sites!

VaultPress

Inside WordPress Dashboard



VaultPress

[Visit Dashboard](#)

Live Activity: Your site is idle...

TOTALS

ACTIVITY

Your site is protected by VaultPress.

Full backup is 100% complete.

VaultPress currently has 8 snapshots of your site dating back to 7:00pm, Tue, November 22, 2011. These are totals from your most recent snapshot.

Visit the [VaultPress dashboard](#) to view your backups, stats, activity, settings, and more.

3 Posts

33 Pages

1 Category

0 Tags

1 User

2 Comments

389 Revisions

4 Themes

17 Plugins


54 Uploads

<http://www.vaultpress.com>




VaultPress


VaultPress.com Remote Admin Area



sharesxpert.com


[Ask for Help](#)
[How-tos & FAQs](#)
[Your Account](#)


STATUS: *Your site is idle...*


Home
 View and manage your sites



Backups
 Up to the minute snapshots of your entire blog



Stats
 Your VaultPress Vitality


Activity
 A date-based archive of all activity.



BACKUPS


 Need help restoring your site? [Contact the VaultPress Safekeepers.](#)

TIME	MOST RECENT ACTIVITY	RETRIEVE YOUR DATA
18 hours ago 4:13am, Tue, November 29 Backup: 367365	Backed up your entire blog, including: 1 user, 2 comments, 12 attachments, 19 nav menu item, 33 pages, 3 posts, 389 revisions, 1 testimonial, 2 wpcf7 contact form, 1 category, 1 link category, 2 nav menu, 54 uploads (10 archives, 39 images, and 5 other), 4 themes, and 17 plugins.	<div> <input checked="" type="checkbox"/> Database <input checked="" type="checkbox"/> Plugins </div> <div> <input checked="" type="checkbox"/> Themes <input checked="" type="checkbox"/> Uploads </div> <div>  Download </div>

<http://www.vaultpress.com>

BackupCreatorPlus

- ❖ Cost: \$45 one-time
- ❖ Manual Backup: Yes
- ❖ Scheduled Backup: No
- ❖ Backup Location: Server + Download
- ❖ Restore Method: WordPress Dashboard
- ❖ Able to Clone: Yes
- ❖ Location: <http://www.backupcreatorplus.com>
- ❖ Comments: BEST 2-in-1 BACKUP & CLONING solution. Highly recommended for internet marketers!

BackupCreatorPlus

Inside WordPress Dashboard

Backup Creator 1.0.7m

Help ▼

WordPress 3.2.1 | PHP 5.2.17 | Database: localmar_wrdp12

Welcome to **Backup Creator**. You can use this tool to create a backup this site. It will give you a zip file to download, which you can then install as a plugin onto any new WordPress blog, which will restore that backup.

Choose your selection below: either create a backup of this site, or choose which backup you would like to restore.

Warning: Restoring a backup will wipe ALL blog posts, settings, and data from this site and replace it with the restored backup file.

- ☒ Backup This Site
☐ Restore from URL: (must be a BackupCreator zip file)

http://

Backup This Site

Deactivate License for This Site

<http://www.backupcreatorplus.com>

WordPress Security

❖ Free

■ CloudFlare.com

- Speeds up your site - Faster page load times & increased performance via CloudFlare's Content Delivery Network (CDN)
- Increases site security (block security threats & bots)

■ WebsiteDefender WordPress Security Plugin

❖ Other Resources

- <http://www.designtoday.net/web-design/35-security-plugins-to-make-your-wordpress-bulletproof.html>

CloudFlare



CLOUDFLARE

Home

Features

Help

Sign up

Login



Watch our video

Give us five minutes and we'll **supercharge** your website.

<http://www.cloudflare.com>



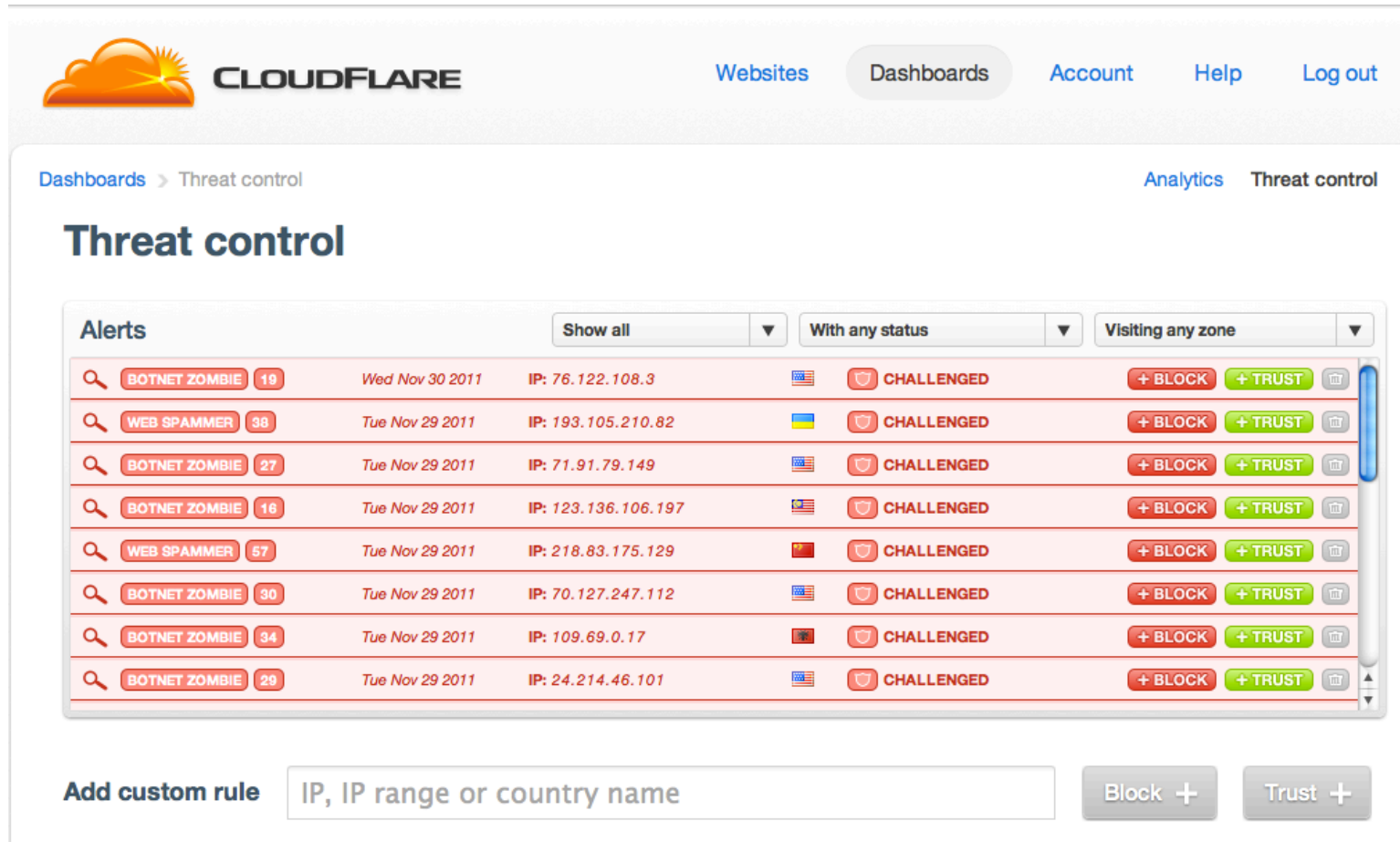
CloudFlare



<http://www.cloudflare.com>



CloudFlare



The screenshot shows the CloudFlare Threat Control dashboard. At the top, there's a navigation bar with links for Websites, Dashboards (selected), Account, Help, and Log out. Below this, the page title is "Threat control" with sub-links for Analytics and Threat control. The main section is titled "Threat control" and contains an "Alerts" table. The table has filters for "Show all", "With any status", and "Visiting any zone". The table lists several alerts, each with a search icon, a category (BOTNET ZOMBIE or WEB SPAMMER), a count, a date, an IP address, a country flag, a status (CHALLENGED), and action buttons (+ BLOCK, + TRUST, and a trash icon).

Alerts							
		Show all	With any status	Visiting any zone			
🔍	BOTNET ZOMBIE	19	Wed Nov 30 2011	IP: 76.122.108.3	🇺🇸	🛡️ CHALLENGED	+ BLOCK + TRUST 🗑️
🔍	WEB SPAMMER	38	Tue Nov 29 2011	IP: 193.105.210.82	🇺🇦	🛡️ CHALLENGED	+ BLOCK + TRUST 🗑️
🔍	BOTNET ZOMBIE	27	Tue Nov 29 2011	IP: 71.91.79.149	🇺🇸	🛡️ CHALLENGED	+ BLOCK + TRUST 🗑️
🔍	BOTNET ZOMBIE	16	Tue Nov 29 2011	IP: 123.136.106.197	🇺🇸	🛡️ CHALLENGED	+ BLOCK + TRUST 🗑️
🔍	WEB SPAMMER	57	Tue Nov 29 2011	IP: 218.83.175.129	🇨🇳	🛡️ CHALLENGED	+ BLOCK + TRUST 🗑️
🔍	BOTNET ZOMBIE	30	Tue Nov 29 2011	IP: 70.127.247.112	🇺🇸	🛡️ CHALLENGED	+ BLOCK + TRUST 🗑️
🔍	BOTNET ZOMBIE	34	Tue Nov 29 2011	IP: 109.69.0.17	🇨🇳	🛡️ CHALLENGED	+ BLOCK + TRUST 🗑️
🔍	BOTNET ZOMBIE	29	Tue Nov 29 2011	IP: 24.214.46.101	🇺🇸	🛡️ CHALLENGED	+ BLOCK + TRUST 🗑️

At the bottom, there's a section for "Add custom rule" with a text input field containing "IP, IP range or country name" and two buttons: "Block +" and "Trust +".

<http://www.cloudflare.com>



WebsiteDefender

Beta WebsiteDefender

Home Sign Up Login Forums Blog Support Contact Us





Secure your website and blog against malware and hackers

WebsiteDefender WordPress Security Plugin



The [WebsiteDefender WordPress Security plugin](#) is a free and comprehensive security tool that scans your WordPress installation for vulnerabilities, and suggests corrective measures for: weak passwords, secure file permissions, database security, version hiding, WordPress admin protection and lots more.

Key WebsiteDefender WordPress Security features:

- Easy backup of WordPress database for disaster recovery

WebsiteDefender Blog



23 Nov 2011 Easy Tips to Increase Your Blog Security

9 Nov 2011 Five Web Security Questions To Ask Before the Going Gets Tough

26 Oct 2011 What Exactly Does Website Security Mean?

20 Oct 2011 Common Website Security Flaws and What They Mean


<http://www.websitedefender.com>

EST.



www.imarketing.courses

WebsiteDefender

 **WORDPRESS.ORG**

Search WordPress.org

Home Showcase **Extend** About Docs Blog Forums Hosting

Plugin Directory

Username Password (forgot?) or Register

[Extend Home](#)
[Plugins](#)

- Developer Center

[Themes](#)[Mobile](#)[Ideas](#)[Kvetch!](#)
Search Plugins

WebsiteDefender WordPress Security

Helps you secure your WordPress installation and provides detailed reporting on discovered vulnerabilities and how to fix them.

[Description](#) [Installation](#) [FAQ](#) [Other Notes](#) [Changelog](#) [Stats](#)

The WebsiteDefender WordPress Security plugin is a free and comprehensive security tool that helps you secure your WordPress installation and suggests corrective measures for: strengthening passwords, securing file permissions, security of the database, version hiding, WordPress admin protection and lots more.

Requires WordPress Version: 3.0 or higher
Compatible up to: 3.2.1
Last Updated: 2011-10-13
Downloads: 8,435

<http://www.websitedefender.com>



Inside WordPress Dashboard

Wordpress Scan Report

- ▶ You have the latest version of Wordpress. ✓
- ▶ Your database prefix should not be wp_. (read more) ⚠
- ▶ The Wordpress version is hidden for all users but administrators. ✓
- ▶ Database errors are not displayed. ✓
- ▶ PHP errors are not displayed. ✓
- ▶ Startup errors are not displayed. ✓
- ▶ User admin was found! You should change it in order to avoid user enumeration attacks. ⚠
- ▶ The .htaccess file was not found in the wp-admin directory. (read more) ⚠
- ▶ The index.php file was found in the wp-content directory. ✓
- ▶ The index.php file was found in the plugins directory. ✓
- ▶ The index.php file was found in the themes directory. ✓
- ▶ The index.php file was not found in the uploads directory! You should create one in order to prevent directory listings. ⚠
- ▶ The readme.html file was found in the root directory (view file). It is very important to either delete this file or make it inaccessible (chmod 0400 or 0440) from your browser as it displays your Wordpress version! ⚠

System Information Report

- ▶ Operating System : Linux
- ▶ Server : Apache/2.2.19 (Unix) mod_ssl/2.2.19 OpenSSL/0.9.8e-flips-rhel5 mod_auth_passthrough/2.1 mod_bwlimited/1.4 FrontPage/5.0.2.2635
- ▶ Memory usage : 33.54 MByte
- ▶ MYSQL Version : 5.0.92-community
- ▶ SQL Mode : Not set
- ▶ PHP Version : 5.2.17
- ▶ PHP Safe Mode : Off
- ▶ PHP Allow URL fopen : On
- ▶ PHP Memory Limit : 256M
- ▶ PHP Max Upload Size : 250M
- ▶ PHP Max Post Size : 8M
- ▶ PHP Max Script Execute Time : 6000s
- ▶ PHP Exif support : Yes (V1.4)
- ▶ PHP IPTC support : Yes
- ▶ PHP XML support : Yes

Questions?