1. Create a dump file for all tables.

C:\Users\xxxxxxxx>mysqldump -u root -p --add-drop-table --routine --events --all-databases --force > data-for-upgrade.sql

1. Shutdown MySQL 5.5 service.

C:\Users\xxxxxxxx>mysqladmin -u root -p shutdown

1. Install MySQL 5.7
2. Import the dump data

C:\Users\xxxxxxxx>mysql -u root -p --force < data-for-upgrade.sql

1. Update Environment Variables to remove references to MySQL Server 5.5
2. Add “C:\Program Files\MySQL\MySQL Server 5.7\bin” to environment variables
3. Run mysql\_upgrade –u root –p