

How frequently does Google Drive performing a backup?

"I lost entire week's files that were not backed up on Google Drive, how could that be? How frequently does Google performing back up? How can I set up a Google Backup and Sync schedule to ensure that data is not lost?"

Google Drive is still one of the most attractive cloud storage services. Users will back up files to the Google Drive' storage space for collaboration or protection. But every time manually uploading important files to Google Drive has gradually become a tedious task. Not every user can ensure that he will not forget to back up the files on his PC. You better let Google Backup and Sync auto start.

How do I schedule Google backup and sync?

How often does Google backup and sync? It is usually the Google Backup and Sync app that updates any changes when there is internet access. The data on the computer will change at any time with the office or study operations, if you do not back up in time, you may still lose important files. Scheduling Google Backup and Sync to start automatically can effectively protect PC data in a timely manner.

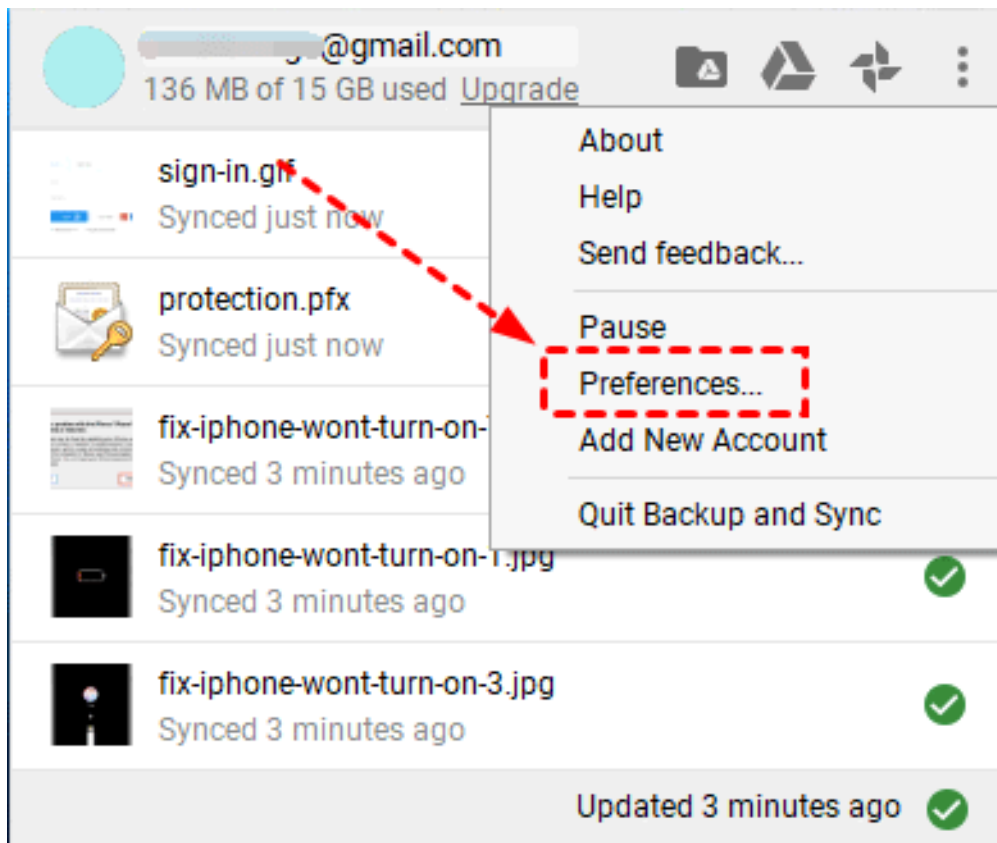
Google Backup and Sync can automatically perform the backup process and sync local files to the cloud when connected to the network, but it does not provide the option of scheduling backup operations during non-working hours. But if you are a Windows user, you can use its built-in program - Windows Task Scheduler to schedule Google Backup and Sync to run and back up files at a specific time.

Set Google Backup and Sync schedule with Windows Task Scheduler

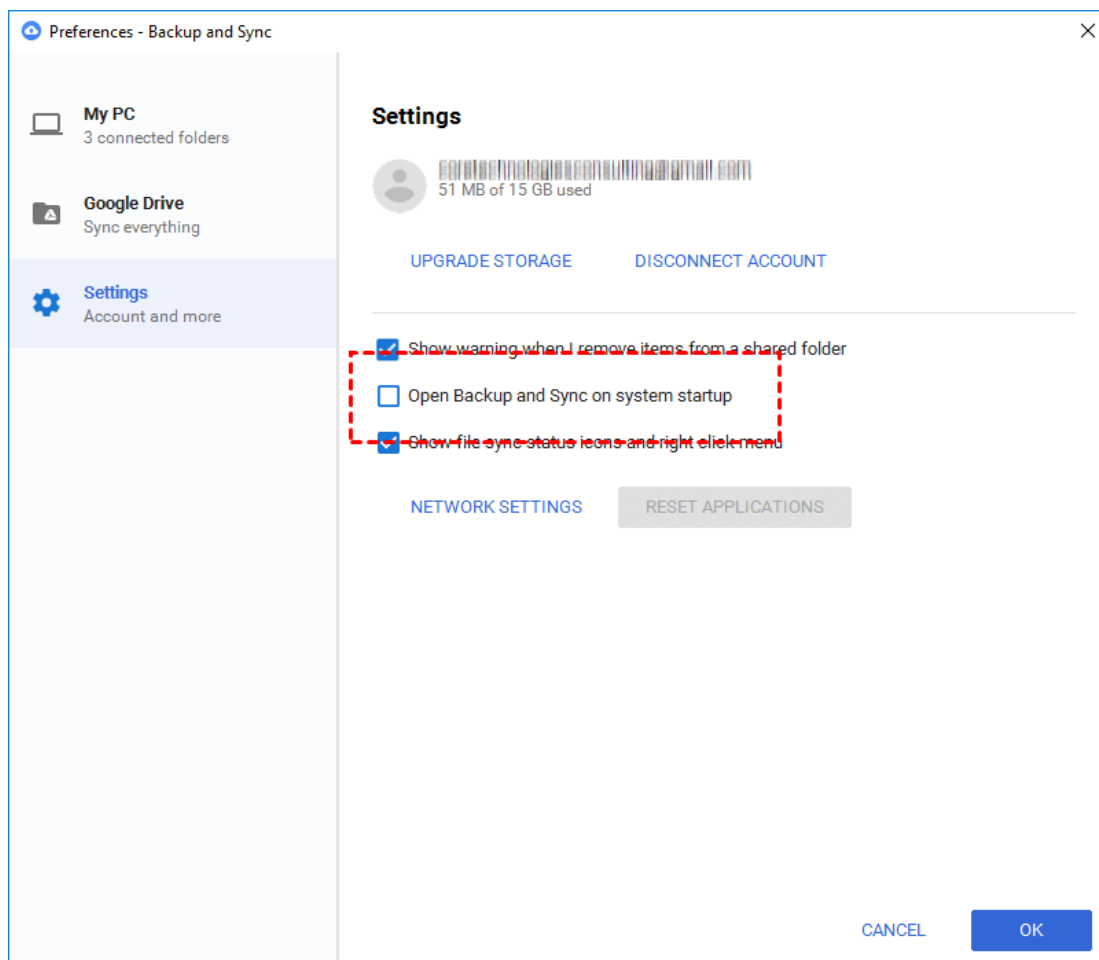
There are 3 main steps in scheduling Google Backup and Sync automatic backup. You can start and stop using Task Scheduler to configure Google Backup and Sync according to the method given.

Step 1. Prevent Backup & Sync to start with Windows

1. Click the Backup & Sync icon on the desktop taskbar, click the menu button, and select **Preferences**.

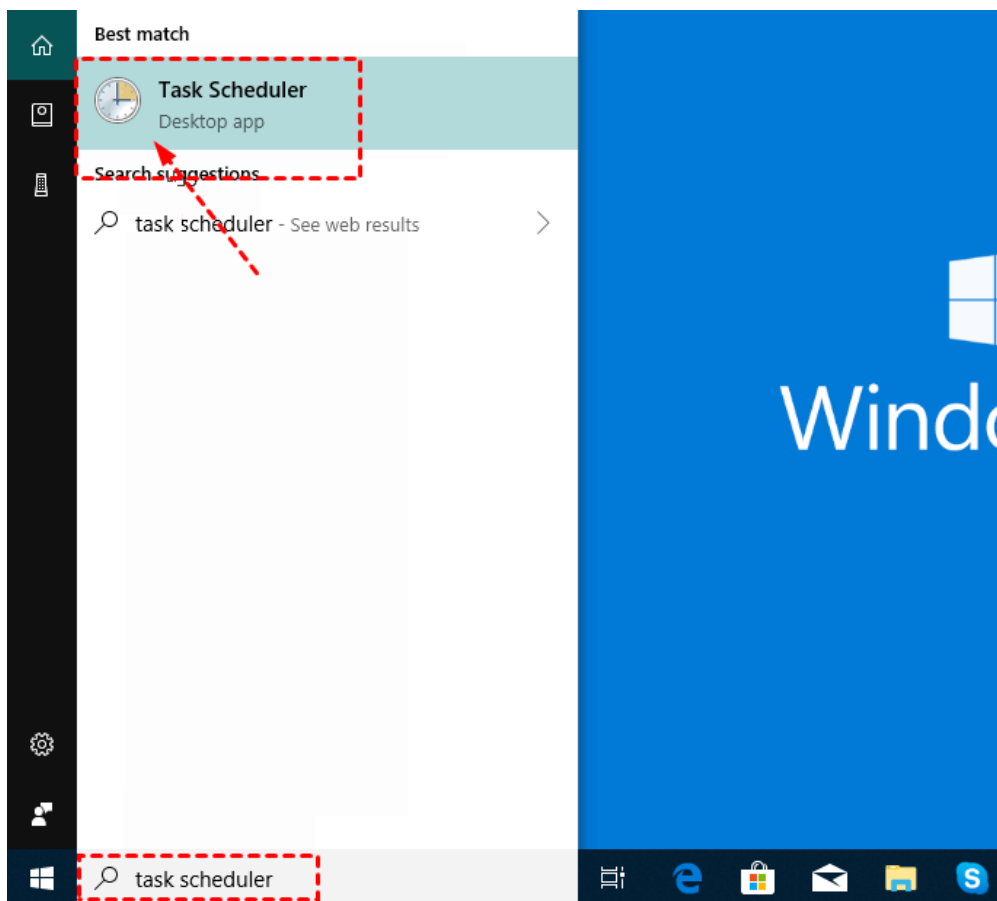


2. Under the Settings tab, **uncheck the Open Backup and Sync on System Startup** option and click OK to confirm.

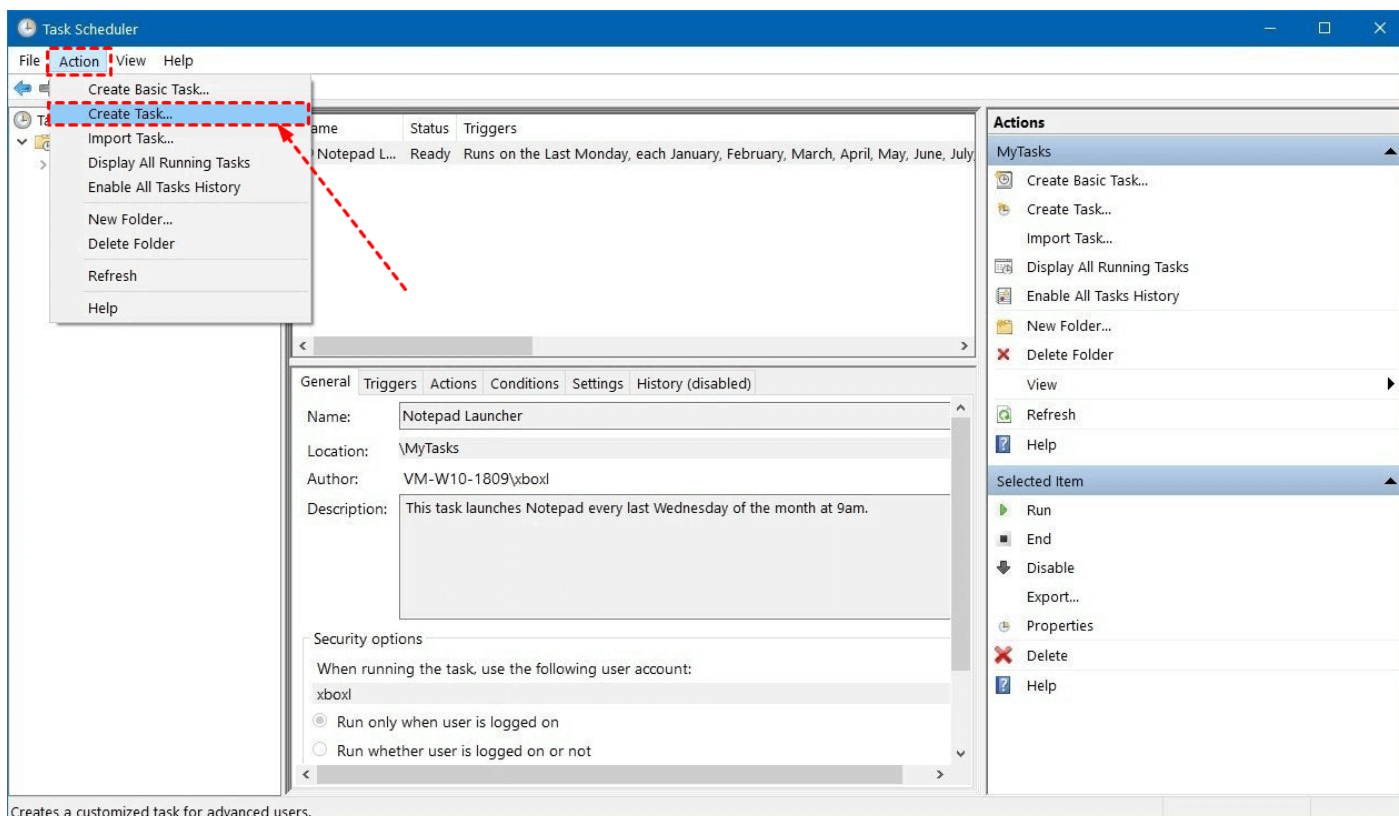


Step 2. Start Google Backup and Sync with Task Scheduler

1. Click the Windows start button, and type task scheduler in the search box, choose the **Task Scheduler** desktop app.



2. Run the program, and select **Create Task** from the **Action** menu.



3. Under the **General** tab, **type your task name** and click OK to confirm.

Create Task

General Triggers Actions Conditions Settings

Name: Start Google Backup

Location: \

Author: DESKTOP-EK7RJUS\Admin

Description:

Security options

When running the task, use the following user account:
DESKTOP-EK7RJUS\Admin

Change User or Group...

☒ Run only when user is logged on

☐ Run whether user is logged on or not

☐ Do not store password. The task will only have access to local computer resources.

☐ Run with highest privileges

☐ Hidden

Configure for: Windows Vista™, Windows Server™ 2008

OK Cancel

4. Click the **Triggers** tab and select **New**, and then select **Daily/Weekly/Monthly** or **One time** to start Google Backup and Sync automatic backup under Settings.

New Trigger

Begin the task: On a schedule

Settings

☐ One time

☐ Daily

☐ Weekly

☒ Monthly

Start: 13. 7.2018. 15:12:00

☐ Synchronize across time zones

Months:

☒ Days:

☐ On:

Advanced settings

☐ Delay task for up to (random delay): 1 hour

☐ Repeat task every: 1 hour for a duration of: 1 day

☐ Stop all running tasks at end of repetition duration

☐ Stop task if it runs longer than: 3 days

☐ Expire: 13. 7.2019. 15:12:19

☐ Synchronize across time zones

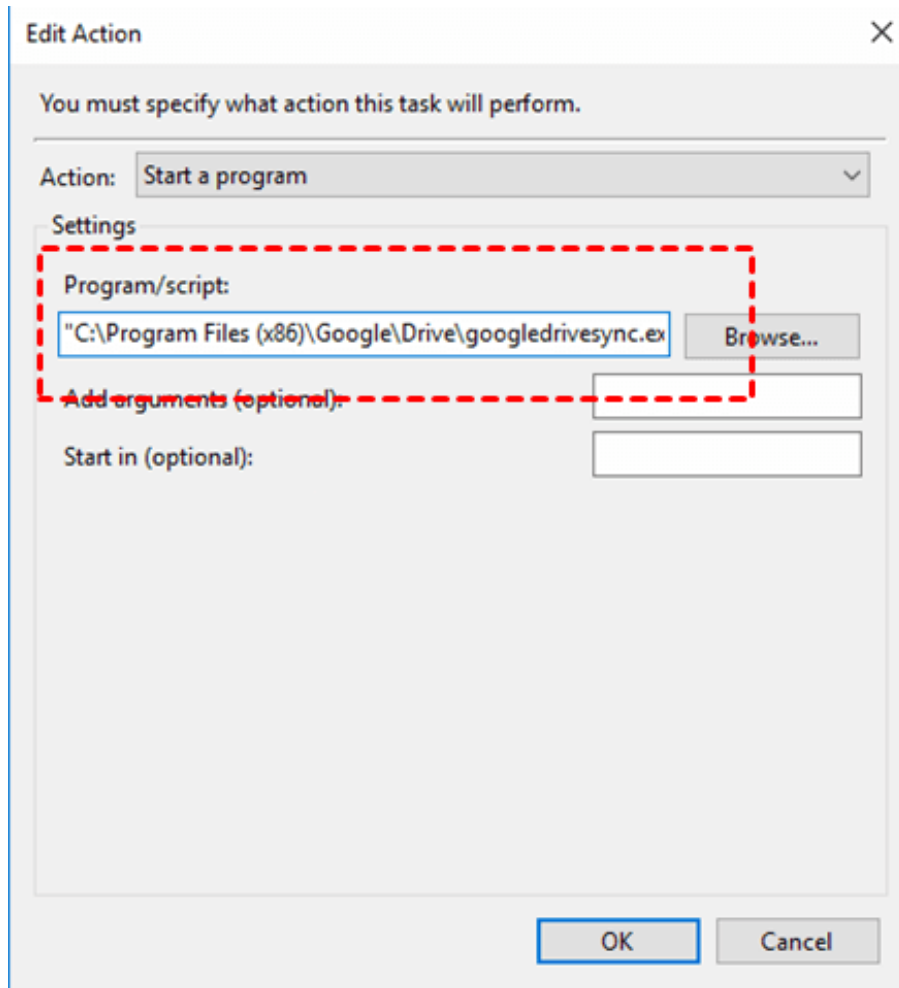
☒ Enabled

OK Cancel

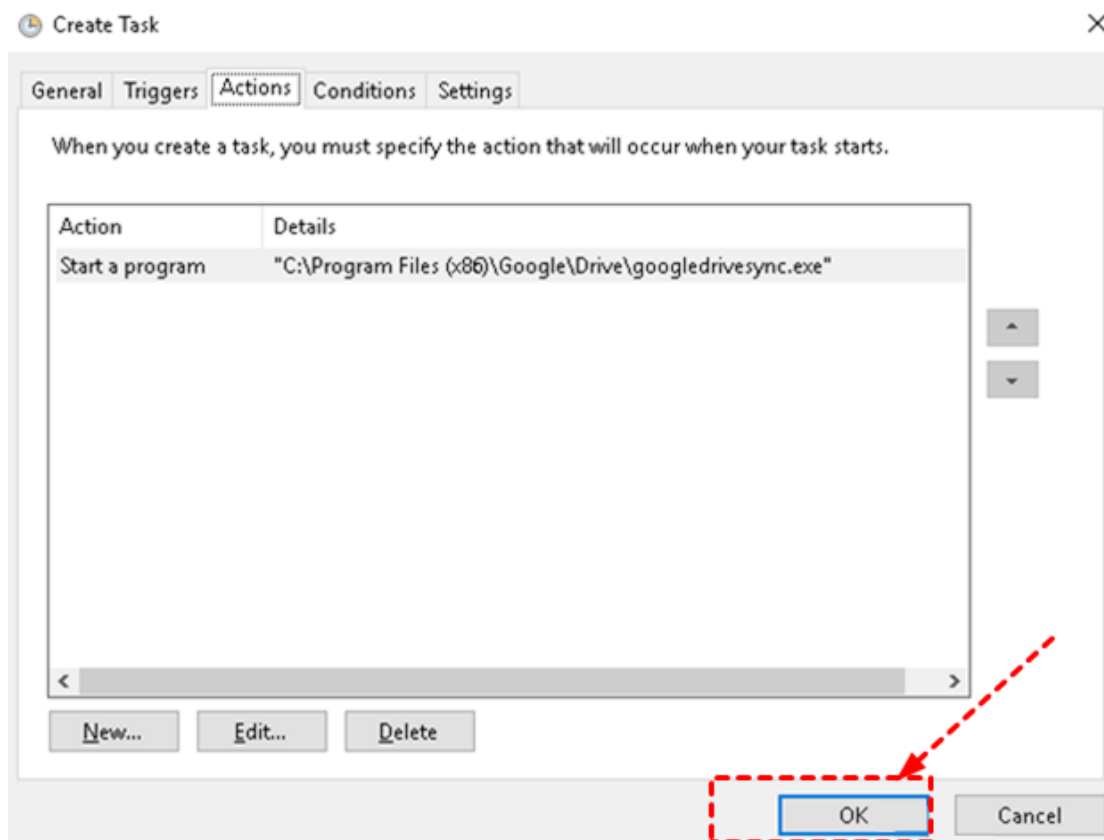
5. Click the **Actions** tab and **New** subsequently. You need to **type commands under Program/script**. The commands are different according to the Windows architecture (32 or 64 bit):

- For Windows 32-bit type: "C:\Program Files\Google\Drive\googledrivesync.exe"

- For Windows 64-bit type: "C:\Program Files (x86)\Google\Drive\googledrivesync.exe"



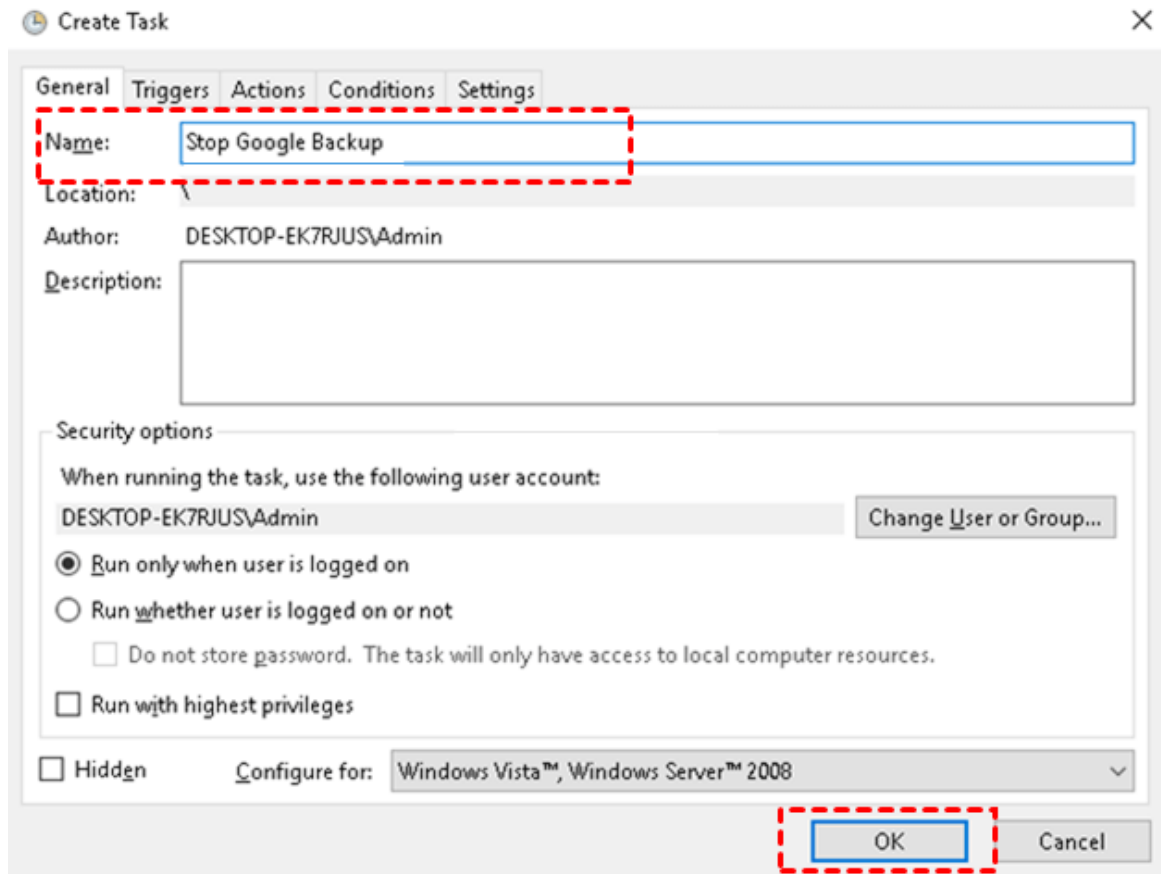
6. Then go back to the **Create Task** window and click **OK** to confirm the Google Backup and Sync schedule settings.



Step 3. Stop/end the Backup & Sync process with Task Scheduler

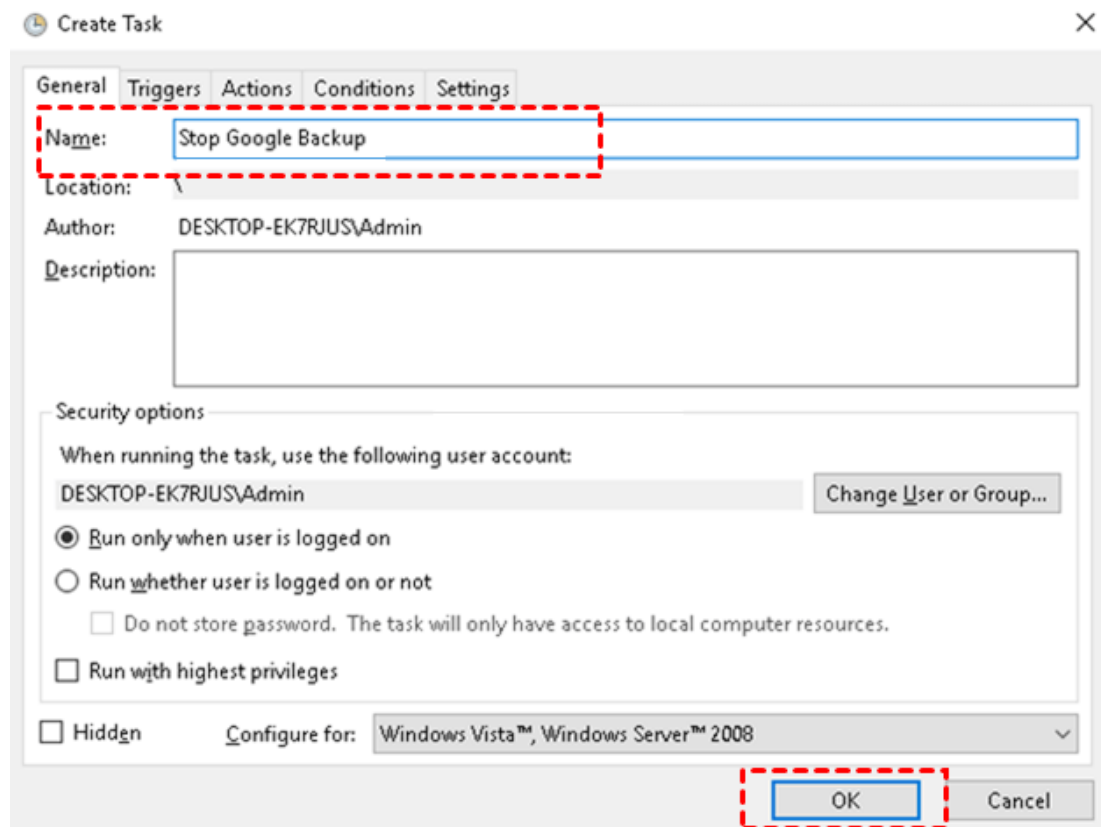
So how do you stop Google Backup and Sync from automatically backing up files? You can follow the steps below to create a new task for Backup and Sync to stop the backup at a certain time.

1. Go to **Menu > Action > Create Task**, enter the new task name under the **General** tab, and click OK.



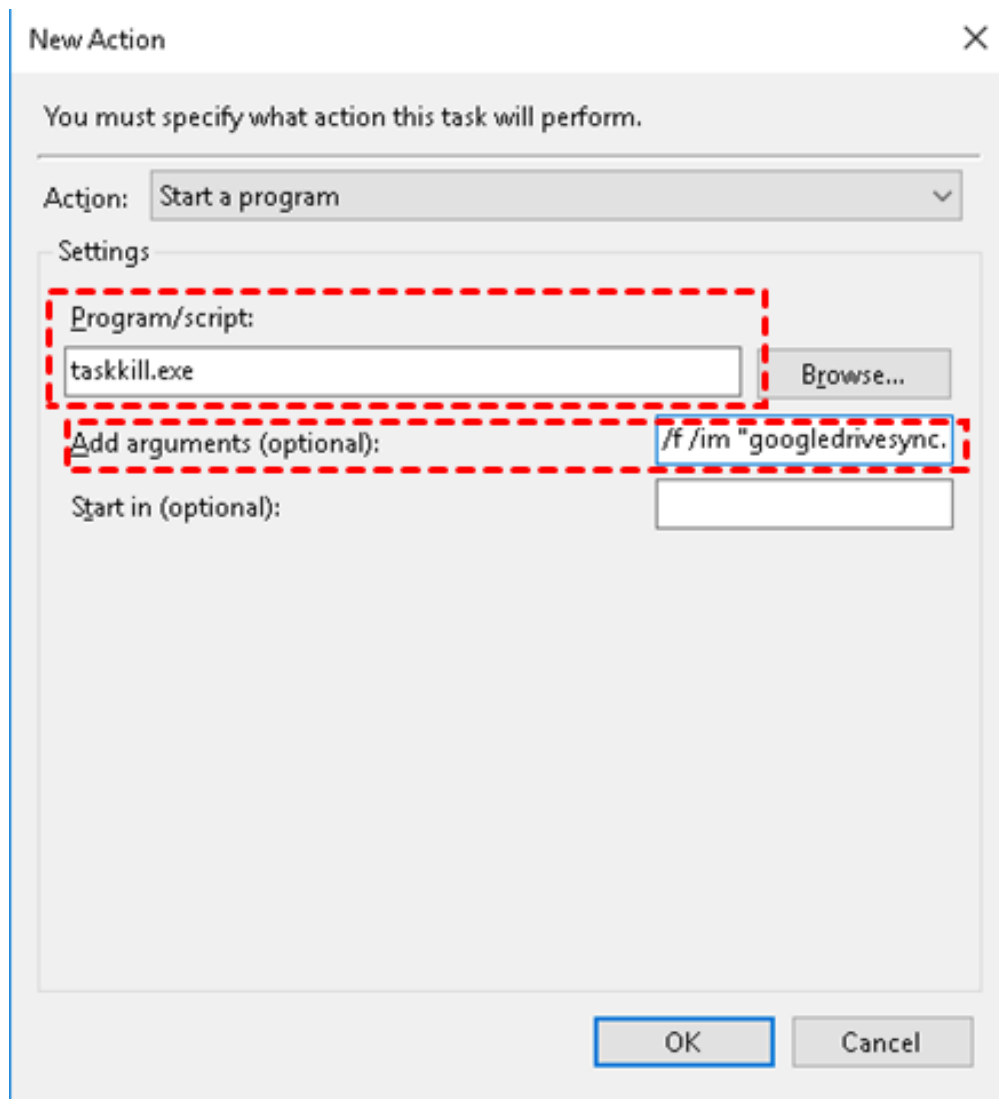
The screenshot shows the 'Create Task' dialog box with the 'General' tab selected. The 'Name' field is highlighted with a red dashed box and contains the text 'Stop Google Backup'. The 'Location' field is empty. The 'Author' field contains 'DESKTOP-EK7RJUS\Admin'. The 'Description' field is empty. Under 'Security options', the 'When running the task, use the following user account:' section shows 'DESKTOP-EK7RJUS\Admin' with a 'Change User or Group...' button. The 'Run only when user is logged on' radio button is selected. There are also checkboxes for 'Run whether user is logged on or not', 'Do not store password. The task will only have access to local computer resources.', and 'Run with highest privileges'. At the bottom, there is a 'Hidden' checkbox and a 'Configure for:' dropdown menu set to 'Windows Vista™, Windows Server™ 2008'. The 'OK' button is highlighted with a red dashed box.

2. Go to **Triggers > New**, set a time when Google backup should stop, and then click OK.




This screenshot is identical to the one above, showing the 'Create Task' dialog box with the 'General' tab selected. The 'Name' field is highlighted with a red dashed box and contains the text 'Stop Google Backup'. The 'Location' field is empty. The 'Author' field contains 'DESKTOP-EK7RJUS\Admin'. The 'Description' field is empty. Under 'Security options', the 'When running the task, use the following user account:' section shows 'DESKTOP-EK7RJUS\Admin' with a 'Change User or Group...' button. The 'Run only when user is logged on' radio button is selected. There are also checkboxes for 'Run whether user is logged on or not', 'Do not store password. The task will only have access to local computer resources.', and 'Run with highest privileges'. At the bottom, there is a 'Hidden' checkbox and a 'Configure for:' dropdown menu set to 'Windows Vista™, Windows Server™ 2008'. The 'OK' button is highlighted with a red dashed box.

3. Go to **Actions > New**, enter taskkill.exe under **Program/script**, enter /f /im "googledrivesync.exe" in the **Add argument (optional)** field, and click OK.



4. Finally, click **OK** to close the Create task window.

 **Note:** If you want to modify the schedule settings of Google Backup and Sync in the future, you can go to Task Scheduler and view and modify scheduled tasks under Task Scheduler Library.

The best way to Google Drive schedule - CBackup

No matter how to set up a Google Backup and Sync schedule backup, you need to use a third-party service. To view, start, and stop Google Backup and Sync automatic backup, you need to manually switch to other services. You may find it troublesome and time-consuming. In fact, you can directly use CBackup to automatically back up files to Google Drive on a Windows PC.

CBackup

FREE online cloud backup service with scalable backup storage

- ✓ Automatically backup files from unlimited computers to secure cloud.
- ✓ Transfer and sync files from one cloud drive to another for backup.
- ✓ Combine multiple FREE cloud storage to store backups without any cost.

Get Started Free

CBackup is a professional and stable cloud backup service that helps you back up all important data on your Windows PC to Google Drive. You can also directly set up scheduled backups on CBackup to save the trouble and time of manual backup and prevent forgetting to back up important data.

If the data in your computer is accidentally lost, you can also use the data restore function to restore the backup without manually downloading files stored in the cloud.

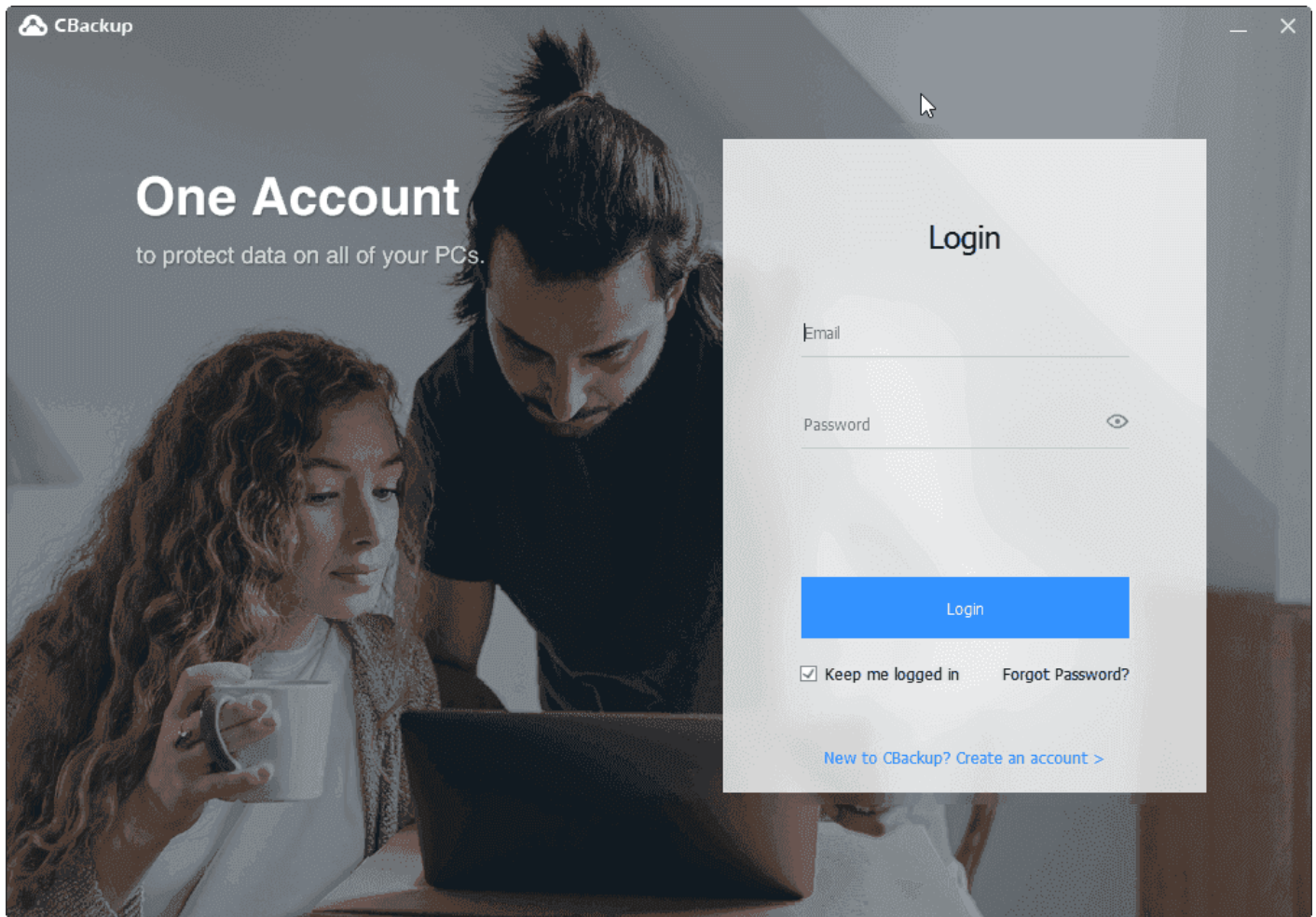
You could learn how to easily start PC auto backup using CBackup:

Step 1. Download and install the CBackup, run it, and **sign in** with your registered account.

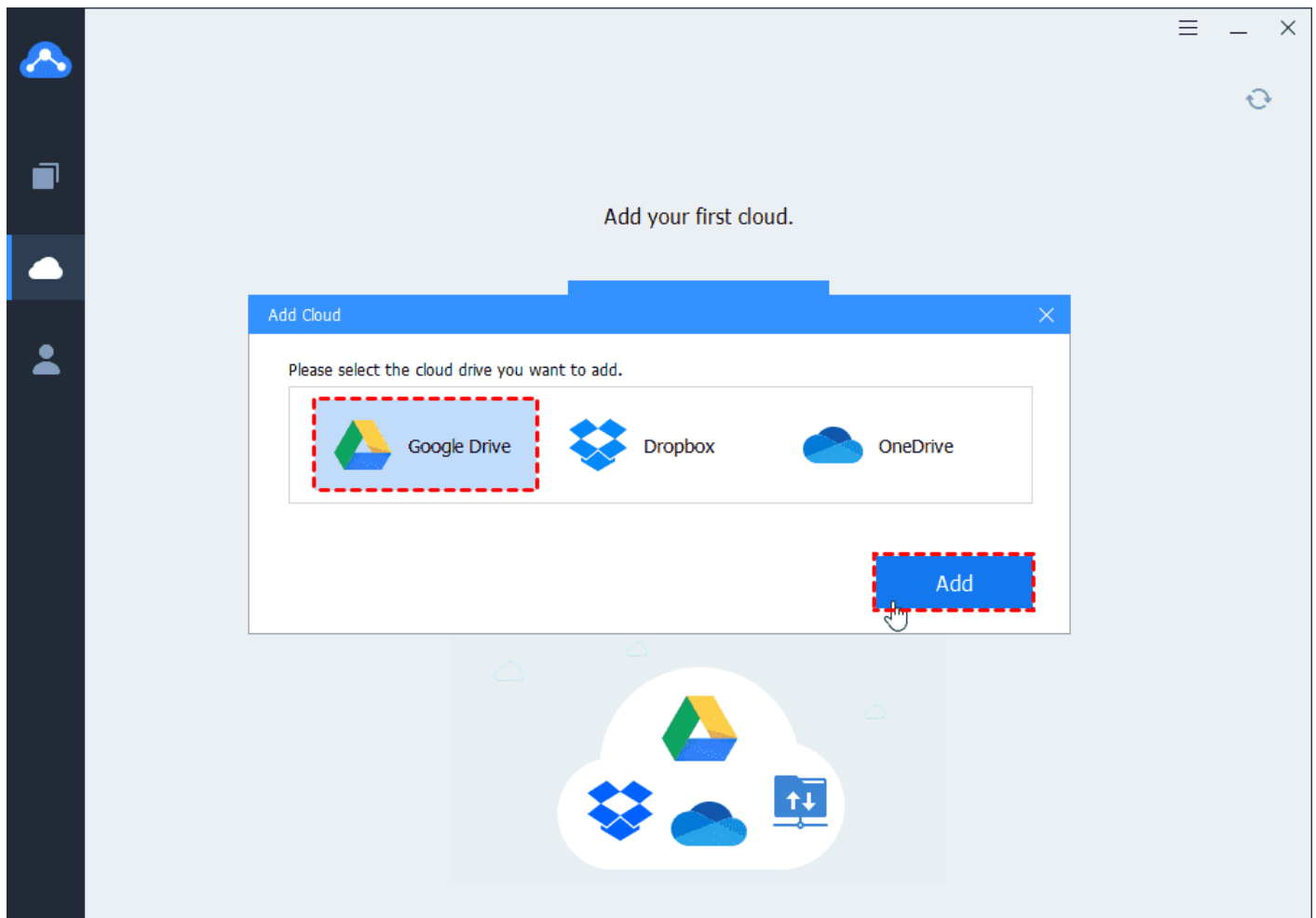
Download CBackup

Win 10/8.1/8/7/XP

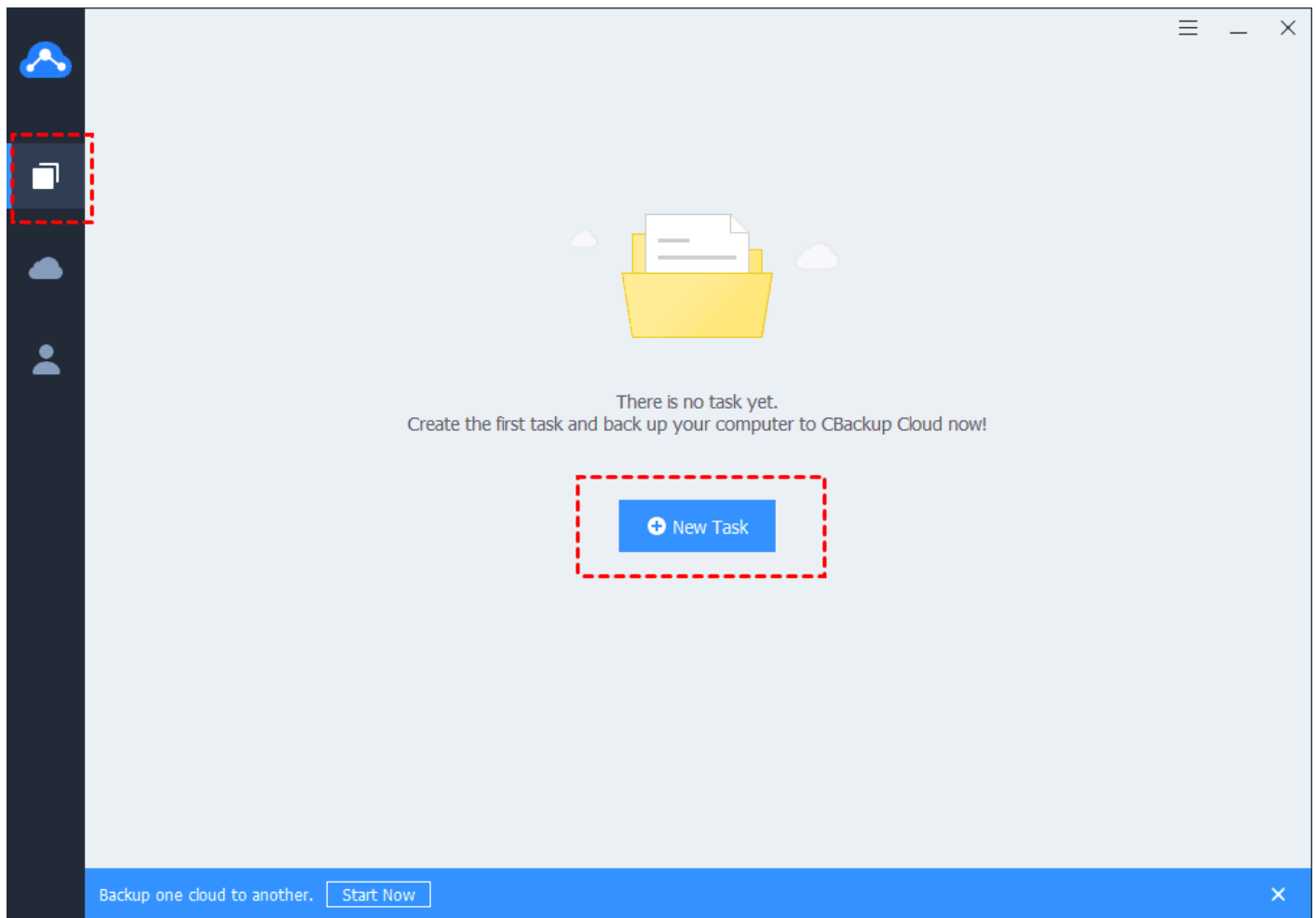
 Secure Download



Step 2. Go to **My Storage** > + > **Add Cloud**, select **Google Drive** to **Add**. Then, grant access to CBackup to manage Google Drive files, and edit the settings for your Google Drive account. Use the same way to add other cloud drives.



Step 3. Click the **Backup Tasks** tab and the **New Task** button in turn.



Step 4. Click the **Add Source** button to select the files from your computer to the cloud, and then click **Add Destination** to select **Single Cloud > Google Drive** as the backup destination.

< Back | New Backup Task

Task Name: File Backup

Source

Please choose the files you want to backup.

Add Source

Destination

Where do you want to back up to?

Add destination

Source

Destination

Settings

Start Backup

Step 5. Click **Settings** in the lower-left corner of the page, and set the frequency or specific time you want to automatically backup under the **Scheduled Backup** tab.

Backup Settings

Task Name: Backup 2

Scheduled Backup

Email Notification

File Filter

☒ Enable schedule backup

Specific time

Specific time

Daily

Weekly

Monthly

2021

05

21

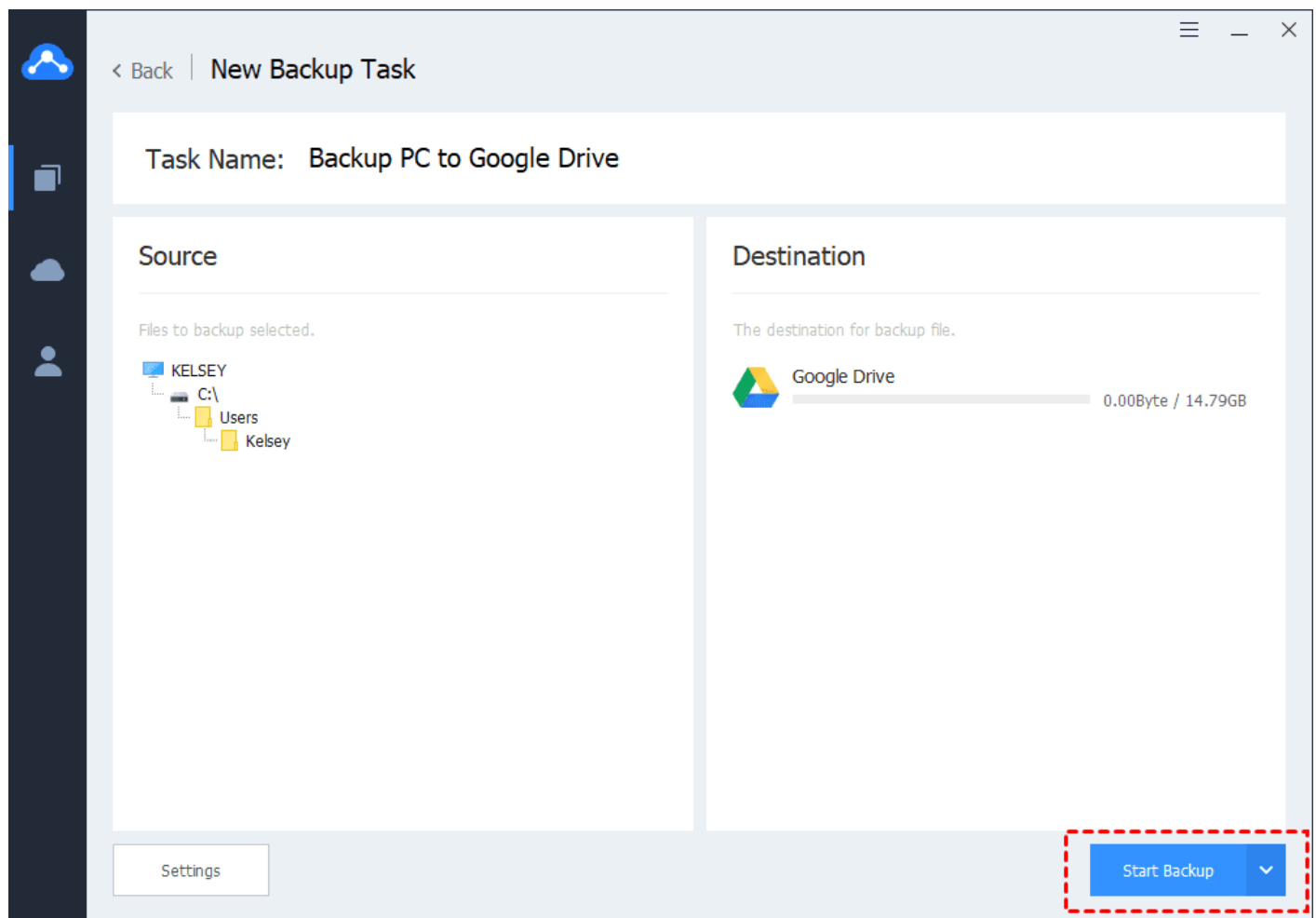
11:27

Run the task at 2021-05-21 11:27.

Cancel

OK

Step 6. Finally, click the **Start Backup** button to confirm.



In the end

As mentioned above, Google Backup and Sync schedule backup can only through third-party services such as Task Scheduler. You can follow the steps we have given to make the correct settings. If you find it cumbersome and time-consuming to switch services back and forth to set up automatic PC backups, we recommend you to try CBackup, which can help you schedule automatic PC backups easily and simply.