**SOP for backing up AWS RDS SQL Server databases with AWS Backup:**

1. Navigate to AWS Backup, search for the word backup, and open the service titled AWS Backup.
2. Once you navigate to the home page of AWS Backup, select the Backup Plans option, now click on Create Backup Plan.
3. After clicking, you have to provide a unique backup plan name. If you choose name that is identical to the name of an existing plan, you will receive an error message.
4. AWS backup storage pricing is based on the amount of storage space your backup data consumes; you have to spend $0.095 per GB-Month.
5. Backup plans are composed of one or more backup rules. You can add backup rules to a backup plan, or edit existing rules in a backup plan. Backup rule names are case sensitive. They must contain from 1 to 50 alphanumeric characters or hyphens.

* To add a backup rule, choose Add backup rule.
* To edit an existing backup rule, select a rule, then choose Edit.

1. Select backup vault (A backup vault is a container to organize your backups in), all the backups created by a backup rule are organized in the backup vault.
2. You can use backup vaults to set the AWS KMS encryption key that is used to encrypt backups in the backup vault and to control access to the backups in the backup vault.
3. Now select Backup frequency, the backup frequency determines how often AWS Backup creates a snapshot backup. Using the console, you can choose a frequency of every hour, 12 hours, daily, weekly, or monthly. If you select weekly, you can specify which days of the week you want backups to be taken. If you select monthly, you can choose a specific day of the month.
4. You can also check the Enable continuous backups for supported resources checkbox to create a point-in-time restore (PITR)-enabled continuous backup rule. Unlike snapshot backups, continuous backups allow you to perform point-in-time restore.
5. Now choose backup windows, it consists of the time that the backup window begins and the duration of the window in hours. Backup jobs are started within this window. If you are unsure what backup window to use, you can choose to use the default backup window that AWS Backup recommends. The default backup window is set to start at 5 AM UTC (Coordinated Universal Time) and lasts 8 hours.
6. You can create a backup copy in another AWS Region. Select the destination Region for the backup copy.
7. You can also create a Backup plan based on a template provided by AWS Backup and also in a JSON document.