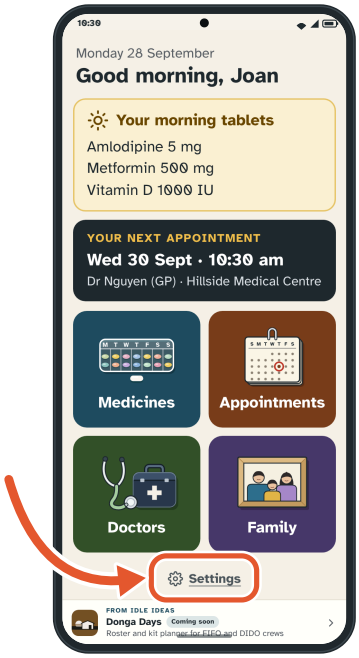
Make a backup of DaySheet

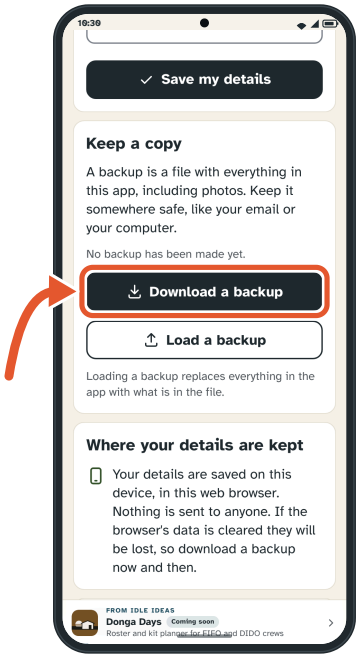
For Android phones. Do this once a month, and after big changes.

Send it to: _____

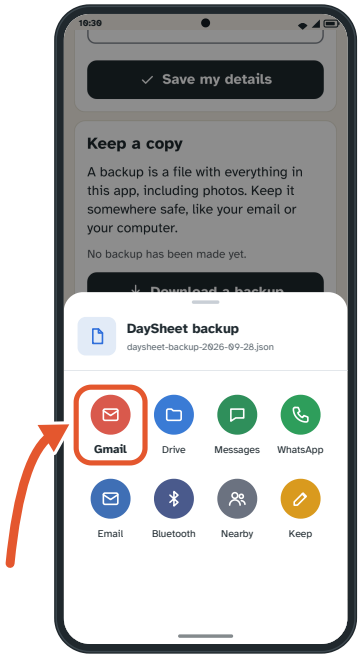
1 Open **DaySheet**. Tap **Settings** at the bottom.



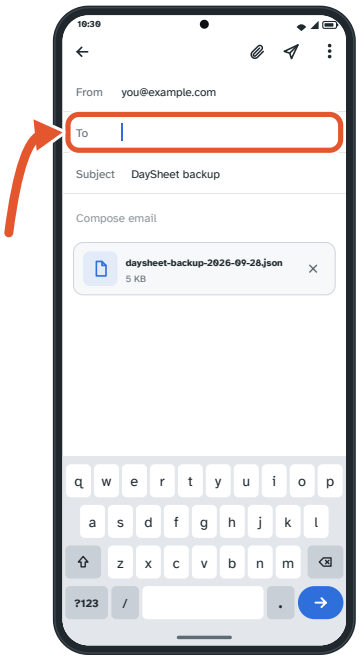
2 **Scroll down**. Tap **Download a backup**.



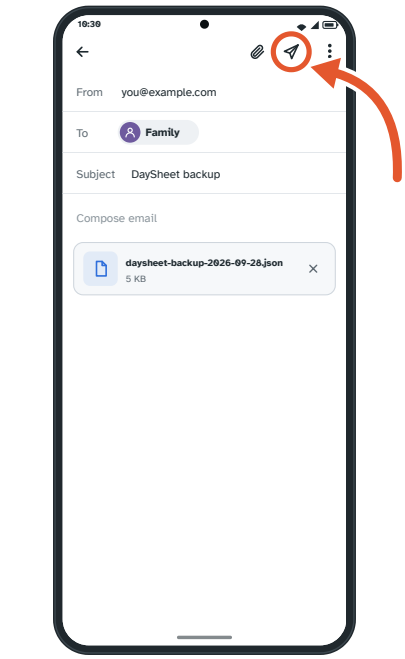
3 Tap **Gmail**, or the app you use for email.



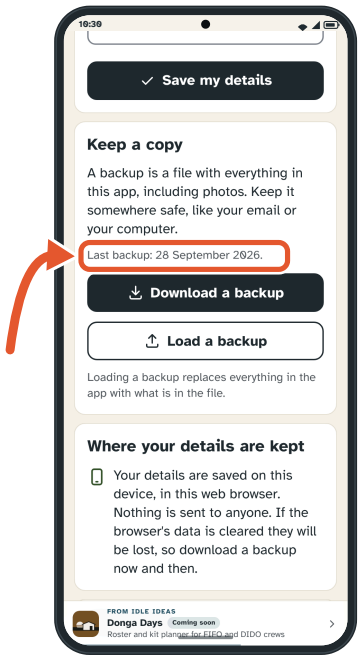
4 Next to **To**, type your family's **email address**.



5 Tap **Send**. It's the arrow at the top.



6 Back in DaySheet, **Last backup** shows today's date.



Does it say "Your backup file is ready"? Tap **Save the backup file**, then carry on from step 3.

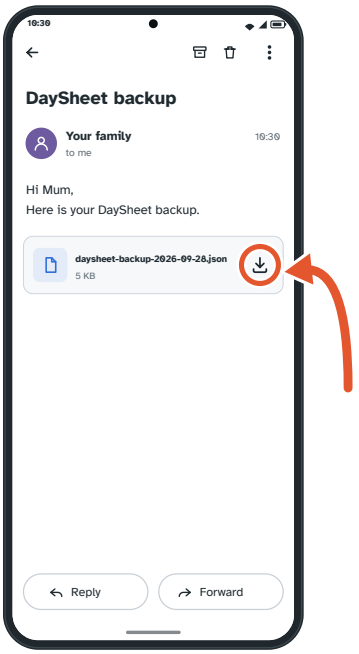
Keep the email. It holds your backup. Loading a backup is on the other page.

Load a backup into DaySheet

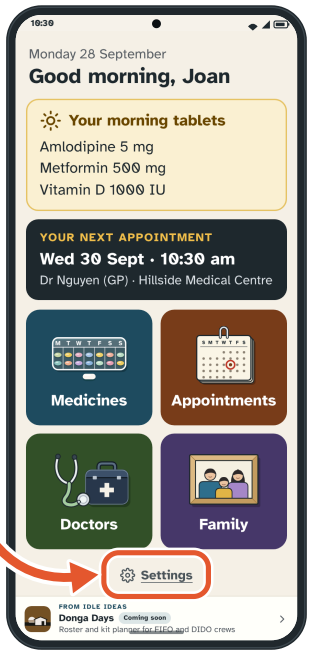
For Android phones. This puts your details back from a backup file.

The file's name starts with: **daysheet-backup**

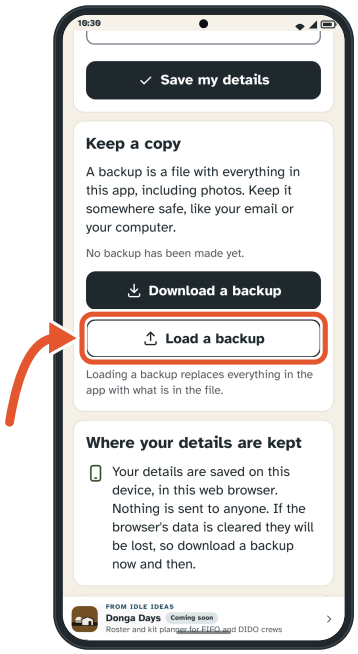
1 In the email with the backup, tap the **download arrow**.



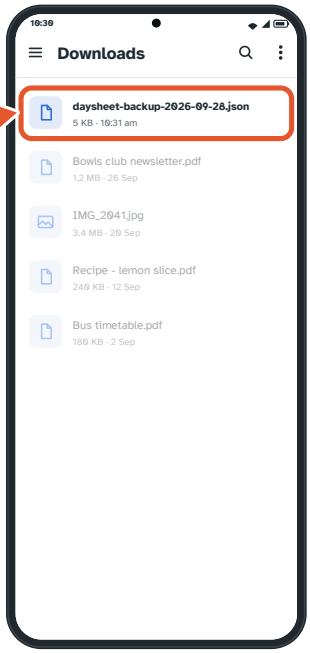
2 Open **DaySheet**. Tap **Settings** at the bottom.



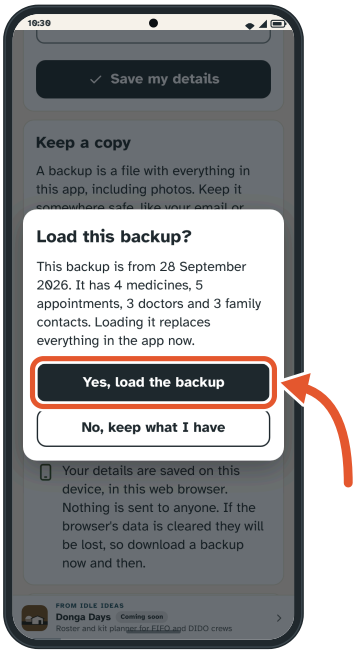
3 **Scroll down**. Tap **Load a backup**.



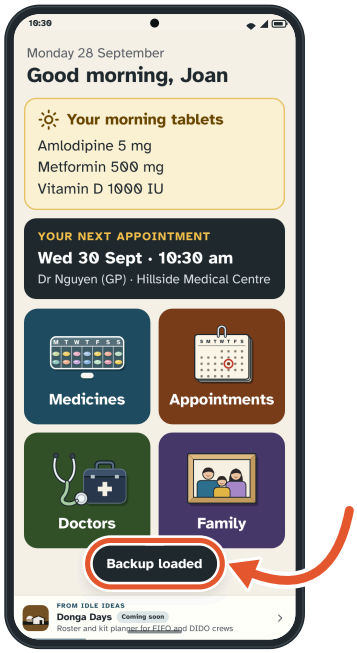
4 Tap the **backup file**. Its name starts with **daysheet-backup**.



5 Check the date. Tap **Yes, load the backup**.



6 DaySheet says **Backup loaded**. Your details are back.



Loading a backup replaces everything in DaySheet with what is in the file.

Can't find the email? Look in your Sent emails, or ask your family to send it back.