



## 4 Easy ways to Back-up your Android Phone

1. **Contact2Sim** - Enter the Market and search for the term 'Contact2Sim' the application should appear, download the application. When you enter the application it will show you 2 Tabs one of the contacts on the Phone and the other the Contacts on your Sim Card. Stand on the Phone tab and push the options button in the menu that appears select 'Copy missing to SIM' this option will Back-up the contacts that were saved on the phone to the SIM
2. **Moxier Contacts Sync** - The Moxier program is a program that syncs the data from the Outlook on your PC with your phone. One of the options is to Sync the contacts, to do this you must go in to the Moxier Sync application and select to Sync contacts, what this will do is copy all of the contacts in your Outlook contacts to the Moxier contact Application. After the Sync is complete and you enter Moxier Contacts you may Copy your Contacts to the Phone by Pushing options, and selecting 'Copy to Phone', make sure that before you try to copy contacts from Moxier to the phone memory, please import contacts from your SIM card.
3. **Google Contacts Sync** - after logging on to your Google account on the Phone, you have the ability to sync contacts saved in your Google account (For more information on Google Contacts Please refer to the Site: <http://www.google.com/contacts> ). To do this you must enter the Setting Menu go to Date synchronization and select to Sync 'Contacts' this will start the Synchronization process Between your Google account to your Phone Contacts, please also make sure that you don't have any duplicated contacts on your Gmail account, before you make the initial sync.
4. **Astro File Manager** - Application for backing-up all the applications installed on the phone from the Market. Enter the Market and search for the term 'Astro File Manager' the application should appear, download the application. Enter the application and push the options button, select 'Tools', in tools select 'Application Manager/Backup'. You should now see two Tabs 'Installed Apps' and 'Backed Up Apps'. **To Back-up your applications** select in the 'Installed Apps' tab the applications you want to back-up and push the Backup button on the top of the list, and the applications will be backed up on your SD card. **To restore the applications** reinstall the ASTRO application from the Market and Repeat steps till 'Application Manager/Backup' go to 'Backed Up Apps' tab and select the applications you want, push the 'Install' Button on the top of the list and the applications will begin to install the selected applications.