

## ATLAS.ti 8 Mac - Backing up your data

To back up your project in ATLAS.ti 8 Mac, we recommend that you use Time Machine, Time Machine is a tool that comes with all Mac computers. You will find it in your **APPLICATIONS** folder. It is always a good idea to backup your computer as frequently as once a day.

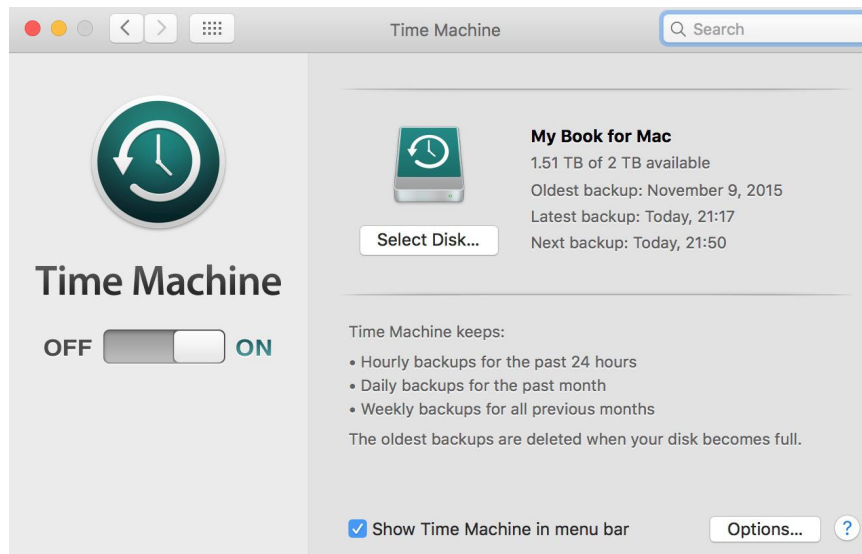


Figure 1: Mac Time Machine

Alternatively, to only back up a single ATLAS.ti project, export the project at the end of each work session via menu **PROJECT > EXPORT**. Save the exported file to an external drive or in the cloud.

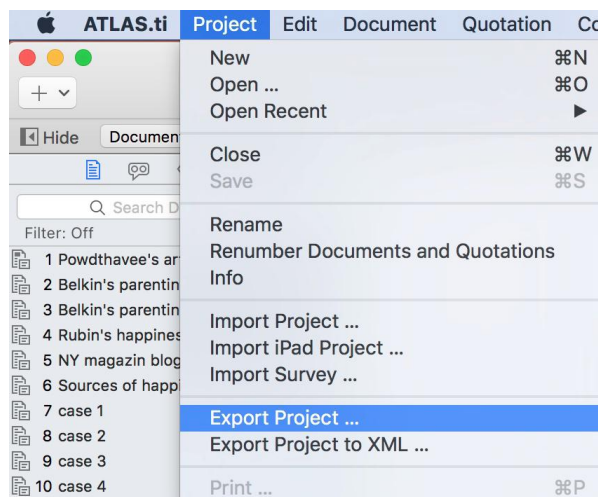


Figure 2: Project Export in ATLAS.ti 8 Mac