

# Selecting databases for backup

The **Databases** section of the Backup wizard allows you to specify the SQL Server instance that hosts the databases and the specific databases you want to back up.

## What can you do on the Databases tab?

You can select the SQL Server instance that hosts your target databases. Use the drop down arrow to access those instances in your environment.

After selecting your instance, the database list is populated. From the database list, select the databases you want to backup. You can select from the list of **System Databases** or **User Databases**. SQL Safe allows you to see when the Last Backup was performed on each database and how much space was used.

If you want to ...	Select this option ...
Back up all databases on the selected SQL Server instance	All Databases
Back up only User databases on the selected SQL Server instance	All User Databases
Back up only System databases on the selected SQL Server instance	All System Databases (master, model, msdb, distribution)
Back up only the databases you specify on the selected SQL Server instance	Specific Databases, and then choose the appropriate databases

## Why is the target instance not listed?

The instance list only includes SQL Server instances that have been registered with SQL Safe. If the instance is not in the drop-down list, make sure the instance is registered by using the [Add Instance Wizard](#).

After selecting your databases for backup, go to [Choosing the backup type](#).

SQL **Safe** is a high-performance backup and recovery solution for your SQL Servers. [Learn more > >](#)

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