

Backup WSL2 Folder Projects to Windows Drive & Window Task Scheduler Backup

Simple Method 2025:

Tạo folder ở một ổ đĩa để backup: ví dụ: E:/backup_wsl

tạo 2 file bat và vbs:

auto-backup.bat

```
@echo off
setlocal enabledelayedexpansion

:: Get the current date
for /f "tokens=2 delims==" %%i in ("wmic os get localdatetime /value") do set datetime=%%i

:: Extract year and month
set year=!datetime:~0,4!
set month=!datetime:~4,2!

:: Set the backup file name
set backupFile=E:\backup_wsl\ubuntu-%year%-%month%.vhdx

:: Run the WSL export command
wsl --export Ubuntu-22.04 !backupFile! --vhd

echo Backup completed: !backupFile!
```

auto-backup.vbs

```
Dim WinScriptHost
```

```
Set WinScriptHost = CreateObject("WScript.Shell")
```

```
WinScriptHost.Run Chr(34) & "E:\backup_wsl\auto-backup.bat" & Chr(34), 0
```

```
Set WinScriptHost = Nothing
```

Nhấn Start trên keyboard và search Task Scheduler

Tạo một task để theo thời gian và option mong muốn trở tới action mở file auto-backup.vbs như hình

The image shows the 'Properties' dialog box for a task in Windows Task Scheduler. The title bar reads 'backup project kyluat on wsl2 ubuntu Properties (Local Computer)'. The 'General' tab is selected, showing the task name, location, author, and description. The 'Security options' section is expanded, showing the user account 'HoThanhSon' and the option to run whether the user is logged on or not. The 'Hidden' checkbox is unchecked, and the 'Configure for' dropdown is set to 'Windows Vista™, Windows Server™ 2008'. The 'OK' and 'Cancel' buttons are at the bottom right.

backup project kyluat on wsl2 ubuntu Properties (Local Computer)

General | Triggers | Actions | Conditions | Settings | History (disabled)

Name: backup project kyluat on wsl2 ubuntu

Location: \

Author: DESKTOP-EAF6P62\HoThanhSon

Description:

Security options

When running the task, use the following user account:

HoThanhSon Change User or Group...

☐ Run only when user is logged on

☒ Run whether user is logged on or not

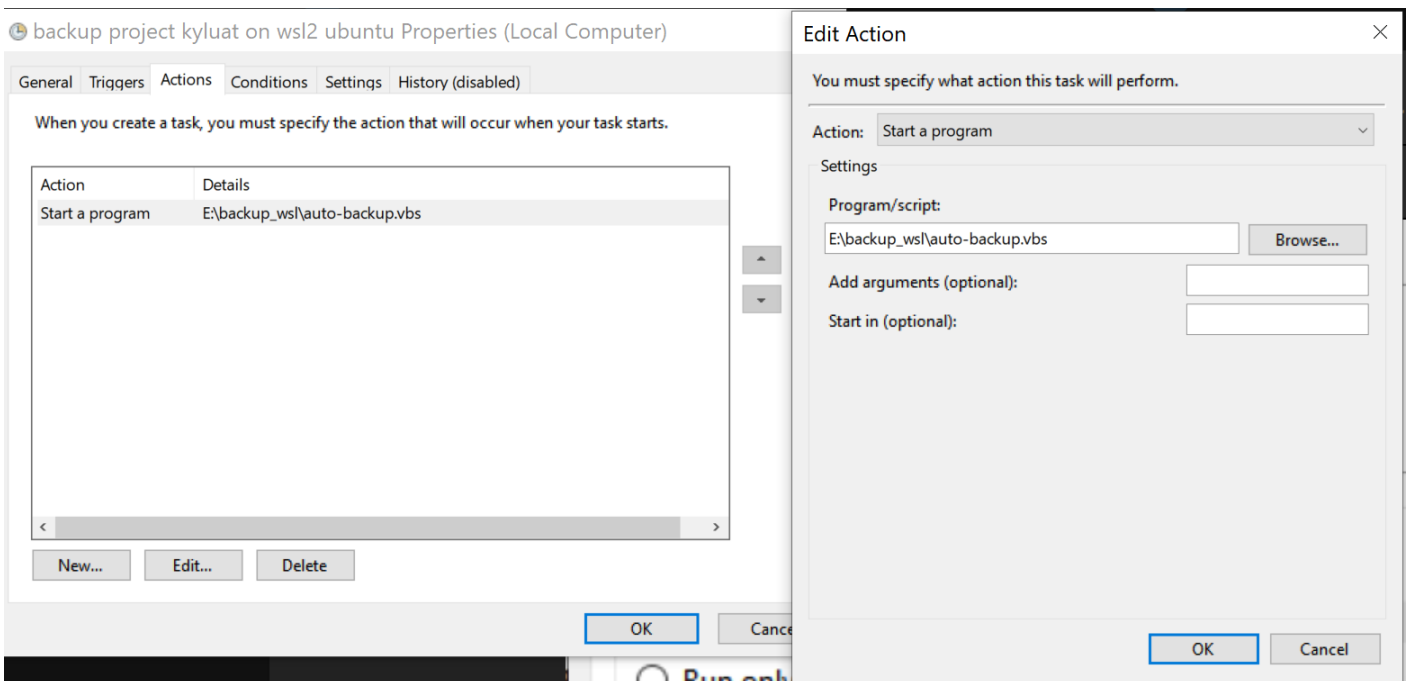
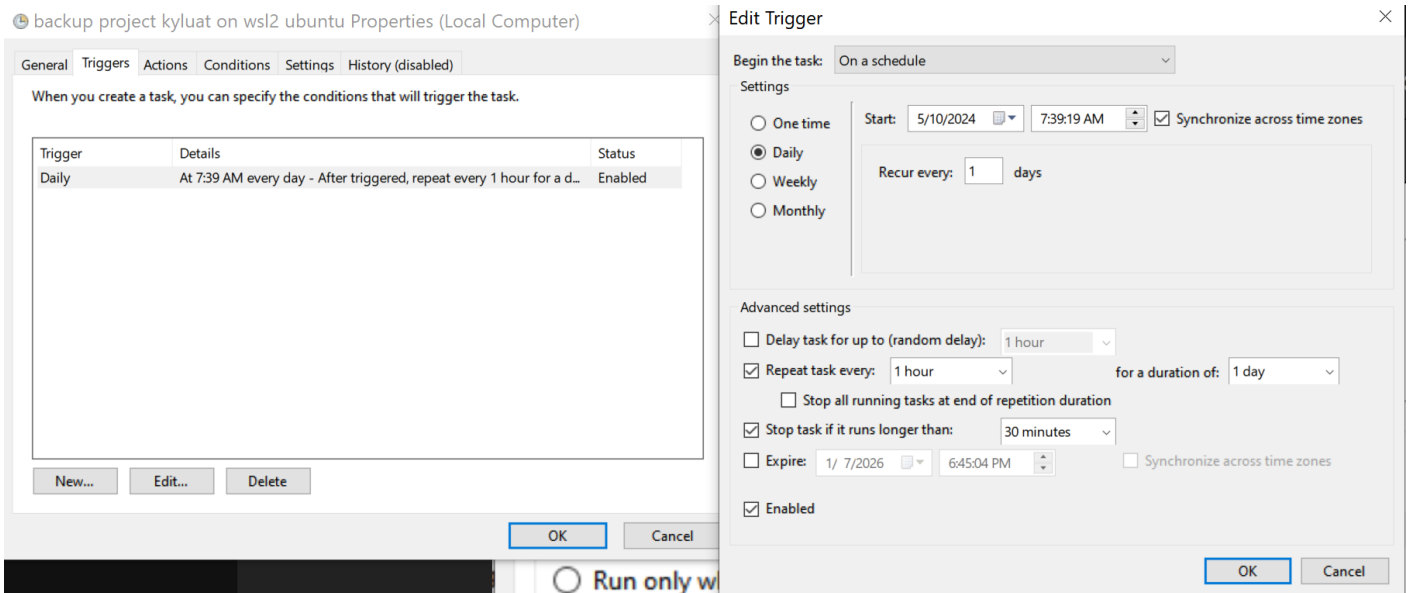
☐ Do not store password. The task will only have access to local computer resources.

☐ Run with highest privileges

☐ Hidden

Configure for: Windows Vista™, Windows Server™ 2008

OK **Cancel**



sau khi ok hết thì thử run task xem có chạy backup ko? Done.

backup_wsl				
	Name	Date modified	Type	Size
	auto-backup.bat	1/7/2025 6:33 PM	Windows Batch ...	1 KB
	auto-backup.vbs	1/7/2025 6:39 PM	VBScript Script ...	1 KB
	ubuntu-2025-01.vhdx	1/7/2025 6:44 PM	Hard Disk Imag...	280,206,...

Simple Method 2024:

```
robocopy /mir \\wsl.localhost\Ubuntu-22.04\home\son\ F:\backups\son\
```

Window Task Scheduler Method:

backup_kyluat.bat

```
net use o: \\wsl.localhost\Ubuntu-22.04
robocopy /mir o:\home\son\kyluat F:\backups\son\kyluat /R:1 /W:5 /NP /V /XD node_modules /XD "mongo" /XD
"redis" /XD "postgres" /XD dist
net use o: /delete
```

File này để chạy robocopy và copy vào ổ đĩa physical từ network drive

backup_kyluat.vbs

```
Dim WinScriptHost
Set WinScriptHost = CreateObject("WScript.Shell")
WinScriptHost.Run Chr(34) & "F:\backups\backup_kyluat.bat" & Chr(34), 0
Set WinScriptHost = Nothing
```

File này để cho Window Task chạy ngầm,... đỡ phải hiện ra popup window

Tạo trigger action trên window task để mở file backup_kyluat.vbs theo thời gian muốn chạy backup.

Revision #10

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