

food_db

app_auth

/backups

backup_db.sh

food-mysql-1

food_project-mysql-1
mysqldump

gzip
food_db_YYYYMMDD_HHMM.sql.gz

/etc/crontab

0 2 * * * root /bin/bash /c/Users/lanfr144/Documents/DOPR01/Antigravity

1. Navigate to the project directory
cd /c/Users/lanfr144/Documents/DOPR01/Antigravity/Food

2. Run the backup wrapper
bash backup_db.sh

ls -lh backups/

```
ls -la backups/  
# Example Target: backups/food_db_20260521_1100.sql.gz
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```
docker ps --filter name=mysql
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```
# Adjust the container name ('food-mysql-1' or 'food_project-mysql-1')  
gunzip < backups/food_db_20260521_1100.sql.gz | docker exec -i food-mys
```

```
docker exec -it food-mysql-1 mysql -u food_reader -preader_pass food_db
```

```
.gz  
gzip -t backups/filename.sql.gz
```