

Mariner Software

Portal > Knowledgebase > MacJournal for Mac OS > Does MacJournal make backups of my journals and entries?

Does MacJournal make backups of my journals and entries?

Jim Henson - 2019-02-20 - in MacJournal for Mac OS

Does MacJournal make backups of my journals and entries?

By default, MacJournal makes backups of your data in the same location where your MacJournal Data.mjdoc is stored, in your home user Library folder. You can modify the settings in the MacJournal Preferences, under the Security tab.

Redundant backups are made and you can set how often and how many are stored. We still like to see a user have a system-wide backup done using Apple's Time Machine, for further redundancy.

The default MJDOC 'MacJournal Data.mjdoc', along with backups are stored in your Application Support folder. Locate your previously stored data in the backup folder of your user folder which is;

(your home user folder's) ~/Library/Application Support/MacJournal/Backups (folder)

Simply go through the backup folders and files and open those MJDOC's in a separate window. When you locate the entries you need to recover, simply drag journals and entries from sidebar to sidebar.

Related Pages

- [Where is my MacJournal Data file stored on my hard disk?](#)