

Recover Windows XP Operating System Using Roxio BackOn Track

Roxio BackOn Track, shipped on some mini notebook models, is a suite of backup and recovery tools which includes the following:

- **Disaster Recovery**— Disaster Recovery enables you to back up your entire hard drive, including all of your applications and system preferences to an external USB hard drive. If the hard drive is stolen or if it fails, you can restore your HP Mini back to the exact image that it had when the hard drive failure or theft occurred.
- **File Backup**— File Backup is only available if you choose to upgrade to Roxio Creator 2009. If you upgrade, you can use Roxio File Backup to preserve important files—such as digital photos, family videos, key financial records, and other essential documents.
- **Instant Restore**— Instant Restore enables you to return the computer to a previous restore point, which resets all of the settings for the operating system to those settings that existed at the time that the restore point was created. None of your personal data files, such as e-mail, documents, or pictures are lost.

To upgrade to Roxio Creator 2009, go to www.roxio.com .

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[Accessing Roxio BackOn Track](#)

There are two ways to access Roxio BackOn Track to recovery the computer, either through the boot menu, or through the Windows Start menu.



[Access Roxio BackOn Track using the boot menu if computer cannot access Windows.](#)

You can use the boot menu to restore your computer to a previous working state or to return the computer to the state it was in before the last time it was restored.

1. Press the `power` button to turn on the HP Mini.
2. Press and hold down the `f6` key to open the Windows Boot Manager, use the `down arrow` key to select **Roxio BackOnTrack** , and then press the `enter` key to open Roxio BackOn Track.



[Access Roxio BackOn Track using the Windows Start menu if computer can boot into Windows.](#)

If you can access Windows, in addition to restoring your computer to a previous working state, you use other options, such as Disaster Recovery.

3. Click **Start** , **All Programs** , **Roxio** , **BackOnTrack** , and then **BackOnTrack Home** to open Roxio BackOn Track.



[Understanding Disaster Recovery](#)

Disaster Recovery provides the following utilities:

- **Backup Drive**— This utility enables you to take a snapshot of your hard drive and stores it as one or more disc image file.
- **Restore Drive**— This utility enables you to use the disc image file(s) that you created when using the Backup Drive utility to restore your hard drive to the exact state it was in at the time that you created the backup.
- **Restore selected files**— This utility restores individual files and folders that are contained within the disc image file(s) that you created when using the Backup Drive utility.



[Creating a Disaster Recovery Set](#)

A Disaster Recovery Set is required to restore your hard drive. To create a Disaster Recovery Set, you will need to connect an external USB optical drive to create the Disaster Recovery disc. For instructions on how to create a Disaster Recovery disc, please see the Help within the Roxio BackOn Track software. In the event of a disaster, you can use the Disaster Recovery disc to restore your hard drive. Be sure to keep the set in a safe location.



[Backing up your hard drive using Disaster Recovery](#)

The Backup Drive utility does not allow you to choose the source drive as the destination drive as well. Therefore, you cannot store the backup on the HP Mini hard drive. Instead, you must connect a USB flash drive with sufficient memory available for the backup or an external USB hard drive prior to using the Disaster Recovery utility.

To back up your hard drive using Disaster Recovery, follow the steps below.

1. In the left pane, click **Disaster Recovery** to expand the options, and then in the right pane, click **Backup Drive** .
2. Select the hard disk drive from the drop-down list in step 1, click inside the text box in step 2 and add any comments that you want to add, select a destination drive from the drop-down list under **Destination Selection** , and then click the large circle button at the bottom-right of the screen to continue.
3. Wait while Backup Drive creates an image of your hard drive.

In the event of a disaster, you can now use the backup that you just created to restore your hard drive.



Restoring your hard drive

Prior to restoring your hard drive, you must have created a disaster recovery set.

To restore your hard drive using Disaster Recovery, follow the steps below.

1. Shut down and power off your HP Mini if it is not already powered off.
2. Connect an external USB optical drive to the HP Mini.
3. Connect the flash drive or external USB drive that you used to create your Disaster Recovery disc.
4. Power on your HP Mini, insert your Disaster Recovery disc into the external USB optical drive, and then restart your computer.
5. Follow the on-screen instructions to select a Disaster Recovery Set and the drive or drive partition you want to restore.

For more information, please see the Help within the Roxio BackOn Track software.



Restoring selected files

To restore selected files using Disaster Recovery, follow the steps below.

1. In the left pane, click **Disaster Recovery** to expand the options, and then click **Restore selected files** .
2. In the right pane, click **Browse** , navigate to the file location containing the file(s) that you want to restore, click **Open** , select the file(s) that you want to restore, click the circle button in the bottom-right corner of the screen to continue, and then follow the on-screen instructions.

The file(s) that you selected are now restored.



Understanding Instant Restore

Instant Restore provides the following utilities:

- **Save State**— The Save State utility uses what are called **states** to provide a snapshot of the system files and settings on the computer at a particular point in time. The Restore State utility enables you to reset the computer to a known good condition that was created prior to the start of the problem.

Sometimes installing a software program or driver makes changes to the computer that causes problems. Assuming that you have saved at least one state, you can restore the computer to a time before the problems began.

- **Restore State**— The Restore State utility enables you to return your computer to a prior saved state.
- **Undo Restore**— The Undo Restore utility enables you to undo a restore if you are not satisfied with it.
- **Free Disk Space**— The Free Disk Space utility helps you to free up disk space on the hard drive.



[Saving the computer's state](#)

To save the computer's state, follow the steps below.

1. In the left pane, click **Instant Restore** to expand the list, and then in the right pane, click **Save State** .
2. Enter a description in the empty text box, and then click the circle button in the bottom-right of the screen to continue.

You can now restore the computer to the state that you just saved, if necessary.



[Restoring the computer's state](#)

To restore the computer's state, follow the steps below.

1. In the left pane, click **Instant Restore** to expand the options, and then click **Restore State** .
2. Select the restore state to which you want to restore your computer from the list, and then click the circle button in the bottom-right corner of the screen to continue.
3. Click **Yes** to restore your computer to the selected restore state.

The computer is now restored to the state it was in at the restore point that you selected.



[Undoing Instant Restore](#)

You can only undo the most recent Instant Restore.

To undo the most recent Instant Restore, follow the steps below.

1. In the left pane, click **Instant Restore** to expand the options, and then click **Undo Restore** .
2. Click the circle button in the bottom-right of the computer to continue, and then follow the on-screen instructions.

Your computer is now returned to the state it was in prior to the most recent restore.

See also

[HP Notebook PCs - Overview Of Repairing Or Reinstalling The Operating System](#)

[HP Notebook PCs - FAQ On Repairing Or Reinstalling The Operating System](#)

[HP Notebook PCs - Order Recovery Discs For Windows 7, Vista, Or XP](#)

[HP Notebook PCs - Create Restore Points Using System Restore In Windows Me Or XP](#)

[HP Notebook PCs - Installing Applications on a PC that Does Not Have an Optical Disc Drive](#)

访问 Roxio BackOn Track

某些迷你笔记本电脑型号附带 Roxio BackOn Track，这是一套备份和恢复工具，其中包括以下组件：

- **Disaster Recovery** - Disaster Recovery 使您可以对整个硬盘进行备份，包括将所有应用和系统首选项备份到外置 USB 硬盘中。如果硬盘被盗或者出现故障，您可以将惠普迷你笔记本电脑恢复到硬盘出现故障或被盗之前的映像。
- **File Backup** - 只有当您选择升级到 Roxio Creator 2009 后，才能使用 File Backup 功能。升级后，您可以使用 Roxio File Backup 保护重要文件，例如数码照片、家庭视频、重要财务记录，以及其它重要文档。
- **Instant Restore** - Instant Restore 使您可以将电脑返回到之前的恢复点，这样会将操作系统的所有设置重置到在创建该恢复点时的设置。不会丢失您的个人数据文件，例如电子邮件、文档或图片。

要升级到 Roxio Creator 2009，请访问 www.roxio.com。

有两种方式可以访问 Roxio BackOn Track - 通过启动菜单或 Windows“开始”菜单。如果您无法访问 Windows 系统，请使用启动菜单选项。您可以使用启动菜单将电脑恢复到之前的工作状态，或者将电脑恢复到上次恢复之前的状态。您必须可以访问 Windows 系统，才能使用其它选项，例如 Disaster Recovery。

要通过启动菜单访问 Roxio BackOn Track，请执行下列步骤。

1. 按电源按钮，启动惠普迷你笔记本电脑。
2. 按住 F6 键打开“Windows 启动管理器”，使用向下箭头键选择“**Roxio BackOnTrack**”，然后按 Enter 键打开 Roxio BackOn Track。

要通过 Windows“开始”菜单访问 Roxio BackOn Track，请点击“开始”、“所有程序”、“**Roxio**”、“**BackOnTrack**”和“**BackOnTrack Home**”打开 Roxio BackOn Track。

认识 Disaster Recovery

Disaster Recovery 提供了以下实用程序：

- **Backup Drive** - 此实用程序使您可以为硬盘拍摄快照，并且将快照存储为一个或多个光盘映像文件。
- **Restore Drive** - 此实用程序使您可以使用您通过 **Backup Drive** 实用程序创建的光盘映像文件，将硬盘恢复到创建备份时的状态。
- **Restore selected files** - 此实用程序可恢复单个文件和文件夹，这些文件和文件夹包含在您通过 **Backup Drive** 实用程序创建的光盘映像文件中。

创建 Disaster Recovery Set

恢复硬盘需要使用 Disaster Recovery Set。为了创建 Disaster Recovery Set，您需要连接外置 USB 光驱以创建 Disaster Recovery 光盘。如欲了解如何创建 Disaster Recovery 光盘，请参见 Roxio BackOn Track 软件附带的帮助资料。如果发生灾难，您可以使用 Disaster Recovery 光盘恢复硬盘。请务必将其置于安全的地方。

使用 Disaster Recovery 备份硬盘

Backup Drive 实用程序不允许您选择备份的源硬盘和目标硬盘。因此，您无法将备份存储在惠普迷你笔记本电脑的硬盘上。在使用 Disaster Recovery 实用程序之前，您必须连接具有足够可用内存的 USB 闪存驱动器以进行备份，或使用外置 USB 硬盘。

要使用 Disaster Recovery 备份硬盘，请执行下列步骤。

1. 在左侧窗格中，点击“**Disaster Recovery**”展开选项，然后在右侧窗格中点击“**Backup Drive**”。
2. 从步骤一的下拉列表中选择硬盘，点击步骤二中文本框的内部，并添加备注，从“**Destination Selection**”下方的下拉列表中选择目标硬盘，然后点击屏幕右下角的大圆圈按钮继续。
3. 等待 Backup Drive 创建硬盘的映像。

如果发生灾难，现在您可以使用刚刚创建的备份对硬盘进行恢复。

恢复硬盘

在恢复硬盘之前，您必须先创建 Disaster Recovery Set。

要使用 Disaster Recovery 恢复硬盘，请执行下列步骤。

1. 如果您的惠普迷你笔记本电脑尚未关闭，请先将其关闭。
2. 将外置 USB 光驱连接至惠普迷你笔记本电脑。
3. 连接您用来创建 Disaster Recovery 光盘的闪存驱动器或外置 USB 光驱。
4. 启动惠普迷你笔记本电脑，将 Disaster Recovery 光盘插入到外置 USB 光驱中，然后重新启动电脑。
5. 按照屏幕上的说明操作，选择某个 Disaster Recovery Set 以及您希望恢复的硬盘或硬盘分区。

如欲了解更多信息，请参见 Roxio BackOn Track 软件附带的帮助资料。

恢复选择的文件

要使用 Disaster Recovery 恢复选择的文件，请执行下列步骤。

1. 在左侧窗格中，点击“**Disaster Recovery**”展开选项，然后点击“**Restore selected files**”选项。
2. 在右侧窗格中，点击“**Browse**”，导航到包含您希望恢复的文件的文件位置，点击“**Open**”，选择您希望恢复的文件，点击屏幕右下角的圆圈按钮继续，然后按照屏幕上的说明操作。

现在，已经对您选择的文件进行了恢复。

认识 Instant Restore

Instant Restore 提供了以下实用程序：

- **Save State - Save State** 实用程序使用**状态** 来提供某一特定时间点时系统文件和电脑设置的快照。**Restore State** 实用程序使您可以将电脑重置为某个已知的良好状态，这个良好状态是在开始出现问题前创建的。

有时，安装软件程序或驱动程序会对电脑进行更改，从而导致出现问题。假设您已经保存了至少一个状态，则您可以将电脑恢复到出现问题前的状态。

- **Restore State - Restore State** 实用程序使您可以将电脑返回到之前保存的状态。
- **Undo Restore - Undo Restore** 实用程序使您可以将您不满意的恢复撤销。
- **Free Disk Space - Free Disk Space** 实用程序可以帮助您释放硬盘上的磁盘空间。

保存电脑的状态

要保存电脑的状态，请执行下列步骤。

1. 在左侧窗格中，点击“**Instant Restore**”展开该列表，然后再右侧窗格中点击“**Save State**”按钮。
2. 在空文本框中输入描述，然后点击屏幕右下角的圆圈按钮继续。

如果需要，现在您可以将电脑恢复到您刚刚保存的状态。

恢复电脑的状态

要恢复电脑的状态，请执行下列步骤。

1. 在左侧窗格中，点击“**Instant Restore**”展开选项，然后点击“**Restore State**”按钮。
2. 从列表中选择您希望将电脑恢复到的状态，然后点击屏幕右下角的圆圈按钮继续。
3. 点击“**Yes**”，将电脑恢复到您选择的恢复状态。

现在，电脑已经恢复到您选择恢复点。

撤销 Instant Restore

您只能撤销最近的 Instant Restore 操作。

要撤销最近的 Instant Restore 操作，请执行下列步骤。

1. 在左侧窗格中，点击“**Instant Restore**”展开选项，然后点击“**Undo Restore**”按钮。
2. 点击屏幕右下角的圆圈按钮继续，然后按照屏幕上的说明操作。

现在，电脑已经返回到在最近的恢复之前的状态。