

Uploading Your Blogs To Your Domain

Uploading a blog to your domain is a simple task using the duplicator plugin installed.

The first thing you need to do is using cpanel on your hosting account create a database. You should have received the login information for your cpanel from your hosting provider. If you do not have this contact their support to retrieve the information.

If you do not know how to create a database you can [view a tutorial here](#)

Once completed save your database details.

The next thing to do is to upload the files to your domain. You can do this with any free ftp software such as filezilla.

[View a tutorial on Filezilla here](#)

Right click on the folder you downloaded and extract all, then open the extracted folder. There are 2 files we need to upload

This is your blog zip package and the installer.php file. Upload these 2 files.

Your blog zip package will be named similar to this and needs to be uploaded as the zipped file: -

52a2ee1f2c4dc9800_20131207_weightlossadvice_package

Once you have done this point your web browser to <http://yourdomain.com/installer.php>

If you installed in a folder you would go to <http://yourdomain.com/foldername/installer.php>

The following import screen will now appear.

Duplicator - Installer

1 Deploy 2 Update 3 Test installer version: 0.4.2 [Help]

Step 1: Files & Database Light Logging

System Requirements: Pass...
Package Name: selfhelp_package.zip

MySQL Server

Host localhost

User

Password

Database Name

Allow Options Database Creation Table Removal

Test Connection...

Database Setup Help...

Advanced Options...

WARNINGS & NOTICES

Disclaimer: This plugin has been heavily tested, however it does require above average technical knowledge. Please use it at your own risk and do not forget to back up your database and files beforehand. If you're not sure about how to use this tool then please enlist the guidance of a technical professional.

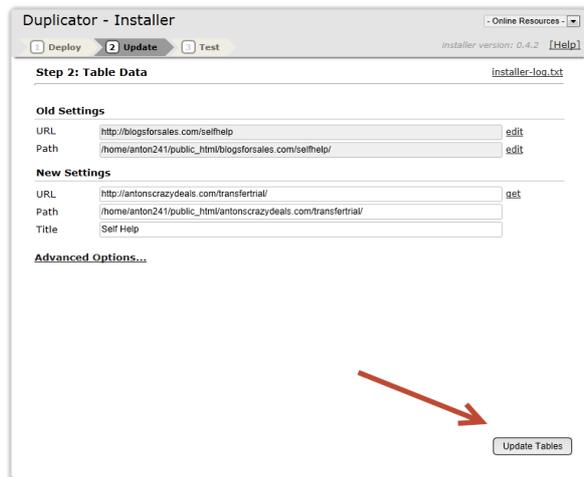
Database: Do not attempt to connect to an existing database unless you are 100% sure you want to remove all of it's

I have read all warnings & notices

Run Deployment

Enter your database details and click test connection.

Once this is done agree to the warnings then click run deployment. The following screen will appear:



Click on Update Tables

Complete the final steps and you site will be up and running:

IMPORTANT FINAL STEPS!

- » **Resave Permalinks** This will update url rewrite items like the .htaccess file (requires login)
- » **Delete Installer Files** Removes installer.php, installer-data.sql, installer-log.txt & package (requires login)
- » **Test Entire Site** Validate all pages, links images and plugins
- » **View Install Report** Deploy Errors: 0 Update Errors: 0 Warnings: 0

To re-install start over at step 1.

Your admin login will be - <http://yourdomain.com/wp-admin>
or if you installed in a folder - <http://yourdomain.com/foldername/wp-admin>

The user name for the health blogs is: admin

The password is - x263g34581

Please change this once you have logged in for the first time.

If you have any problems contact support at <http://norestrictionrights.com>