

Object of script: To automate the backup of all files in a chosen folder, using two conditions. The following stages are used:

- 1) Choose the source folder,
- 2) Choose the destination folder,
- 3) Make a list of the objects in the source folder,
- 4) Step through each item in the list in turn,
- 5) If the current item is not a folder, move to the next step. Otherwise, forget this item and move on to the next.
- 6) If the label of the current item is 7 (counting down the menu in the Finder), copy the file.