Manage the Size of the Transaction Log File

http://msdn.microsoft.com/en-us/library/ms365418.aspx

SHRINK Transaction Log file in SQL for CNG_Main database

Step 1: Login to SQL Instance that contains CNG_Main Database

- Step 2: Make Full Database backup (SQL Instance>Database>CNG_Main>Tasks>Back Up...)
- Step 3: Create a new query
- Step 4: Paste the following code in the query window.
 - Edit the code if necessary for the Database name, log name and the shrink value. It is recommended you go to 100mb, 25mb, and finally 2mb. Change the value for Log size in the query script.

-- START SHRINK Query
USE CNG_Main;
GO
-- Truncate the log by changing the database recovery model to SIMPLE.
ALTER DATABASE CNG_Main
SET RECOVERY SIMPLE;
GO
-- Shrink the truncated log file to 2 MB.
DBCC SHRINKFILE (CNG_Main_Log, 2);
GO
-- Reset the database recovery model.
ALTER DATABASE CNG_Main
SET RECOVERY FULL;
GO

-- END SHRINK Query

NOTE: Use caution when running this or any query. Always make a backup of the database before you run any query. If in doubt, ask for help.