```sql
SELECT
      session_id as SPID,
      command,
      a.text AS Query,
      start_time,
      percent_complete,
      dateadd(second,estimated_completion_time/1000, getdate()) as
estimated_completion_time
FROM
      sys.dm_exec_requests r CROSS APPLY sys.dm_exec_sql_text(r.sql_handle) a
WHERE
      r.command in ('BACKUP DATABASE','RESTORE DATABASE')
```