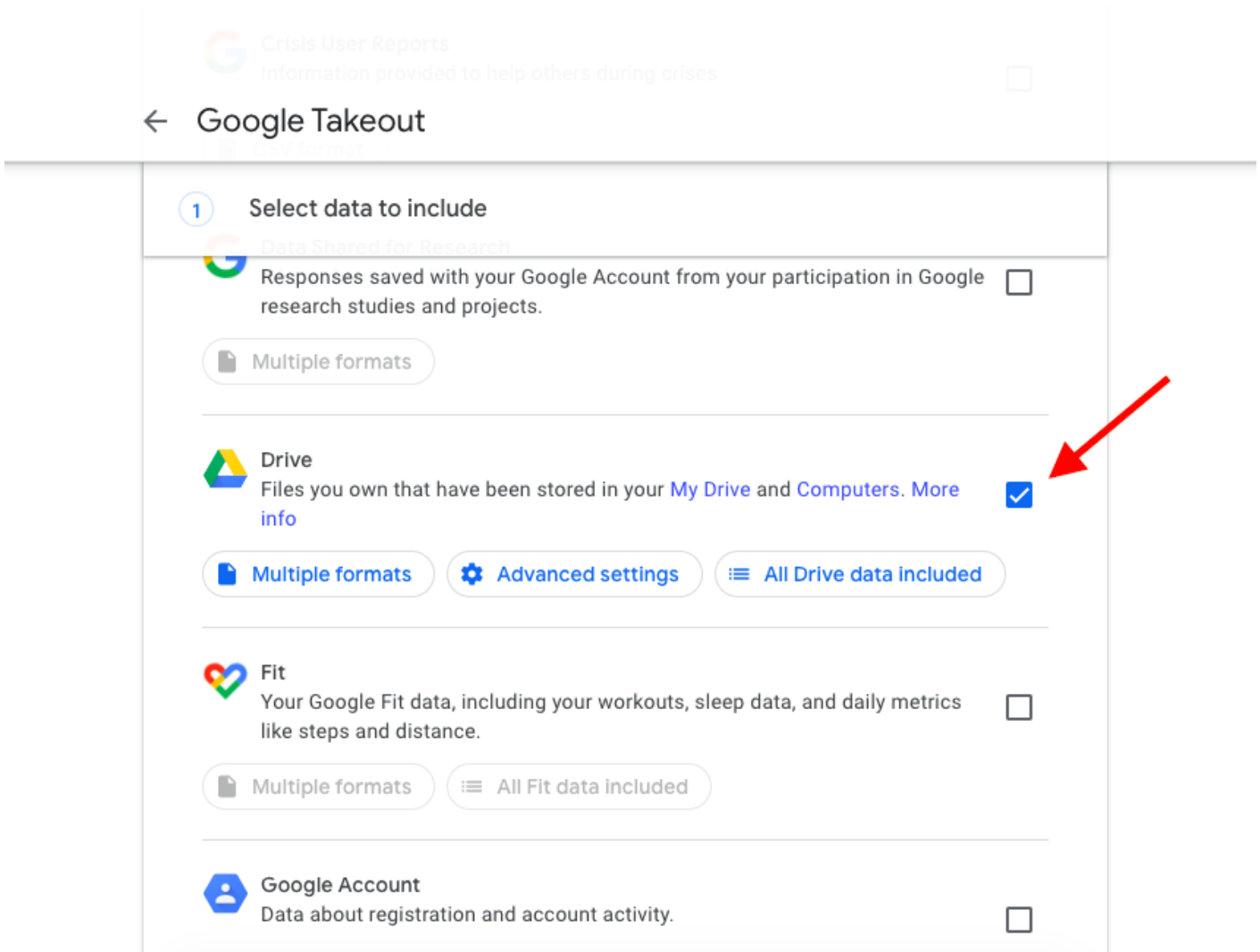



# Ways to Transfer Google Drive Files

- [Use Google Takeout](#)

# Use Google Takeout


Go to <https://takeout.google.com/> and choose which data you want to save from Google Takeout. If you want to **ONLY** download Google Drive, you can click **Deselect All** at the top and then check the box beside **Google Drive** and scroll down and click **Next**.





 Crisis User Reports  
Information provided to help others during crises ☐




← Google Takeout


1 Select data to include



 Data Shared for Research  
Responses saved with your Google Account from your participation in Google research studies and projects. ☐


 Multiple formats

 Drive  
Files you own that have been stored in your [My Drive](#) and [Computers](#). [More info](#) ☒

 Multiple formats  Advanced settings  All Drive data included

 Fit  
Your Google Fit data, including your workouts, sleep data, and daily metrics like steps and distance. ☐

 Multiple formats  All Fit data included

 Google Account  
Data about registration and account activity. ☐

Make sure the Options are Selected to **Send download link via email, and export once** and then click **Create Export**.

✓ Select data to include

2 Choose file type, frequency & destination

#### Delivery method

**Send download link via email** ▼

When your files are ready, you'll get an email with a download link. You'll have one week to download your files.

#### Frequency

**Export once**

1 export

☐ Export every 2 months for 1 year

6 exports

#### File type & size

**.zip** ▼

Zip files can be opened on almost any computer.

**2 GB** ▼

Exports larger than this size will be split into multiple files.

 **Create export**