

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**.

← 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**