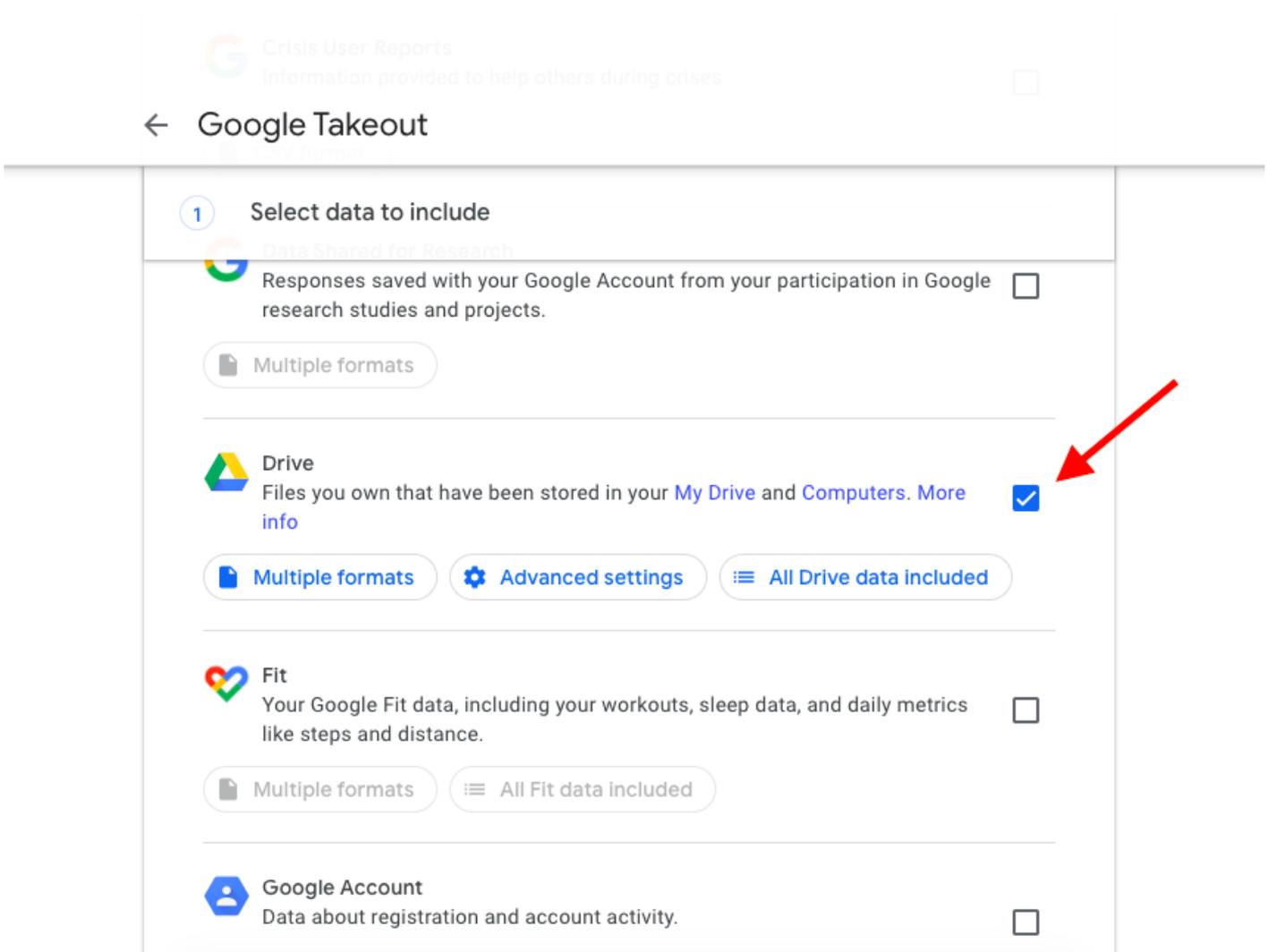


# Use Google Takeout

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

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