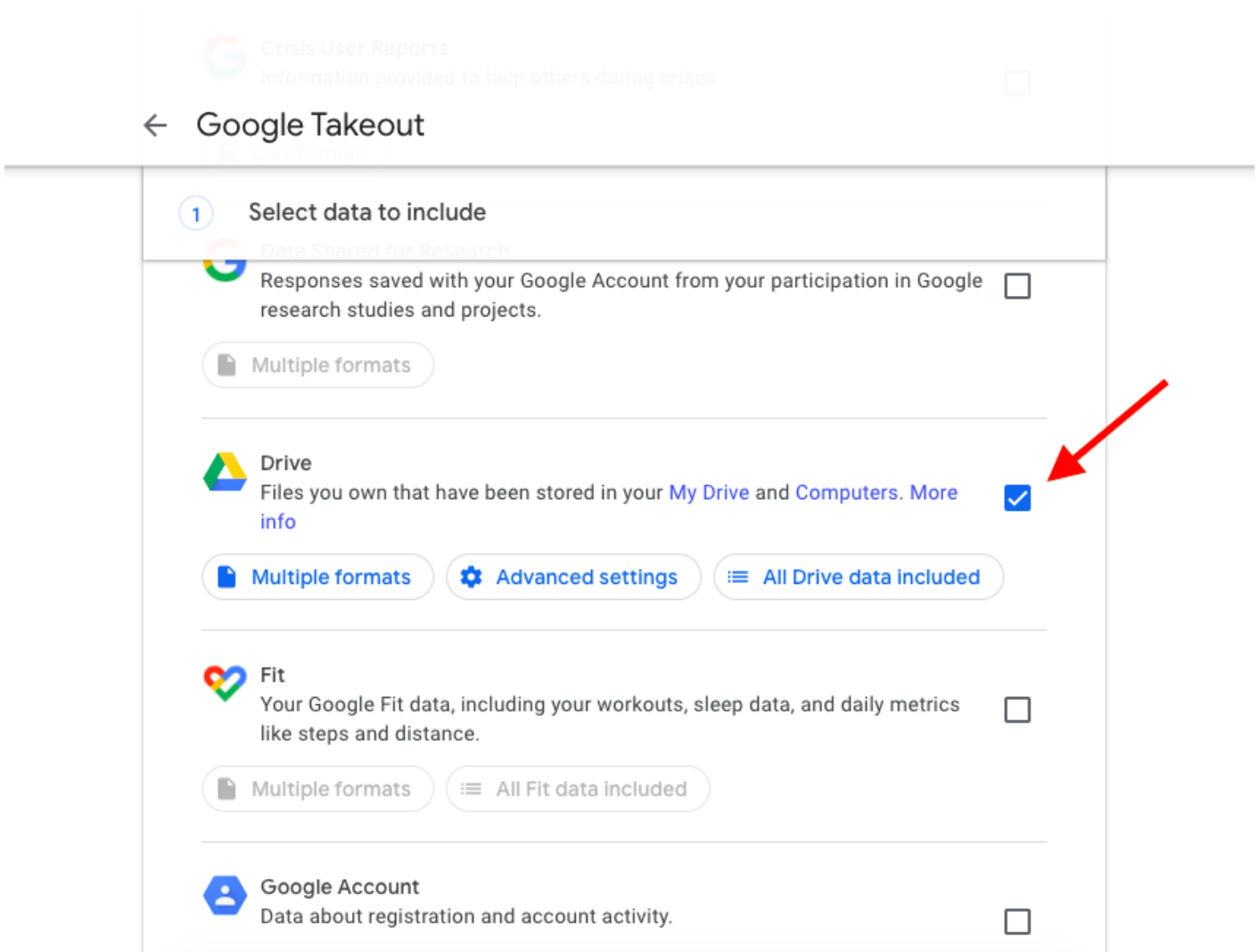



Use Google Takeout


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**.





The screenshot shows the 'Select data to include' step of the Google Takeout process. At the top, there is a back arrow and the text 'Google Takeout'. Below this, the first section is 'Data Shared for Research', which is currently unchecked. The second section is 'Drive', which is checked (indicated by a blue checkbox and a red arrow). Below the 'Drive' section, there are three buttons: 'Multiple formats', 'Advanced settings', and 'All Drive data included'. The third section is 'Fit', which is unchecked. Below the 'Fit' section, there are two buttons: 'Multiple formats' and 'All Fit data included'. The fourth section is 'Google Account', which is unchecked.

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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