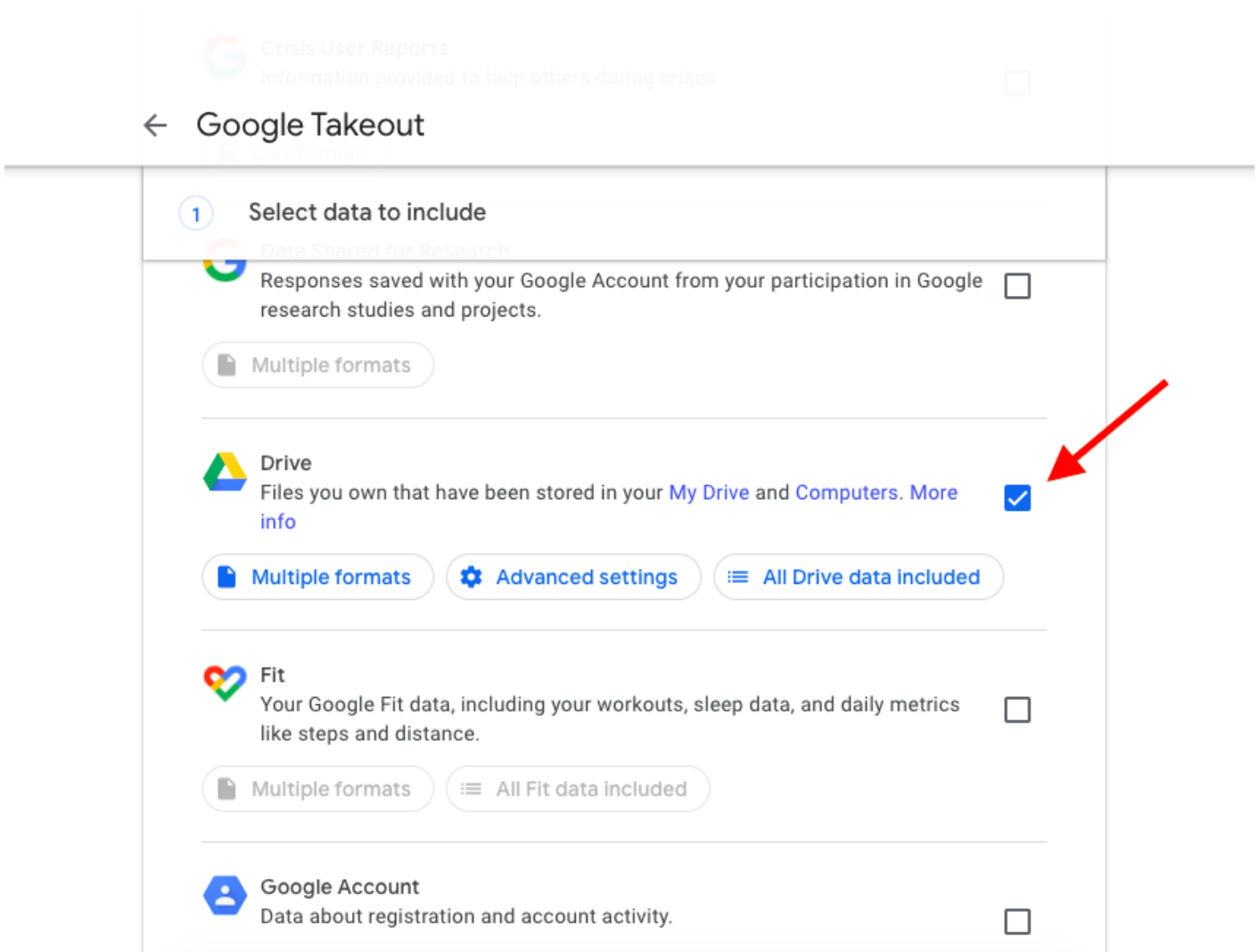


Use Google Takeout

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, a section titled '1 Select data to include' contains a list of data types with checkboxes. The 'Drive' option is selected, indicated by a blue checkmark and a red arrow. The 'Drive' section also includes buttons for 'Multiple formats', 'Advanced settings', and 'All Drive data included'. Other options like 'Data Shared for Research', 'Fit', and 'Google Account' are listed below with their respective checkboxes.

← 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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