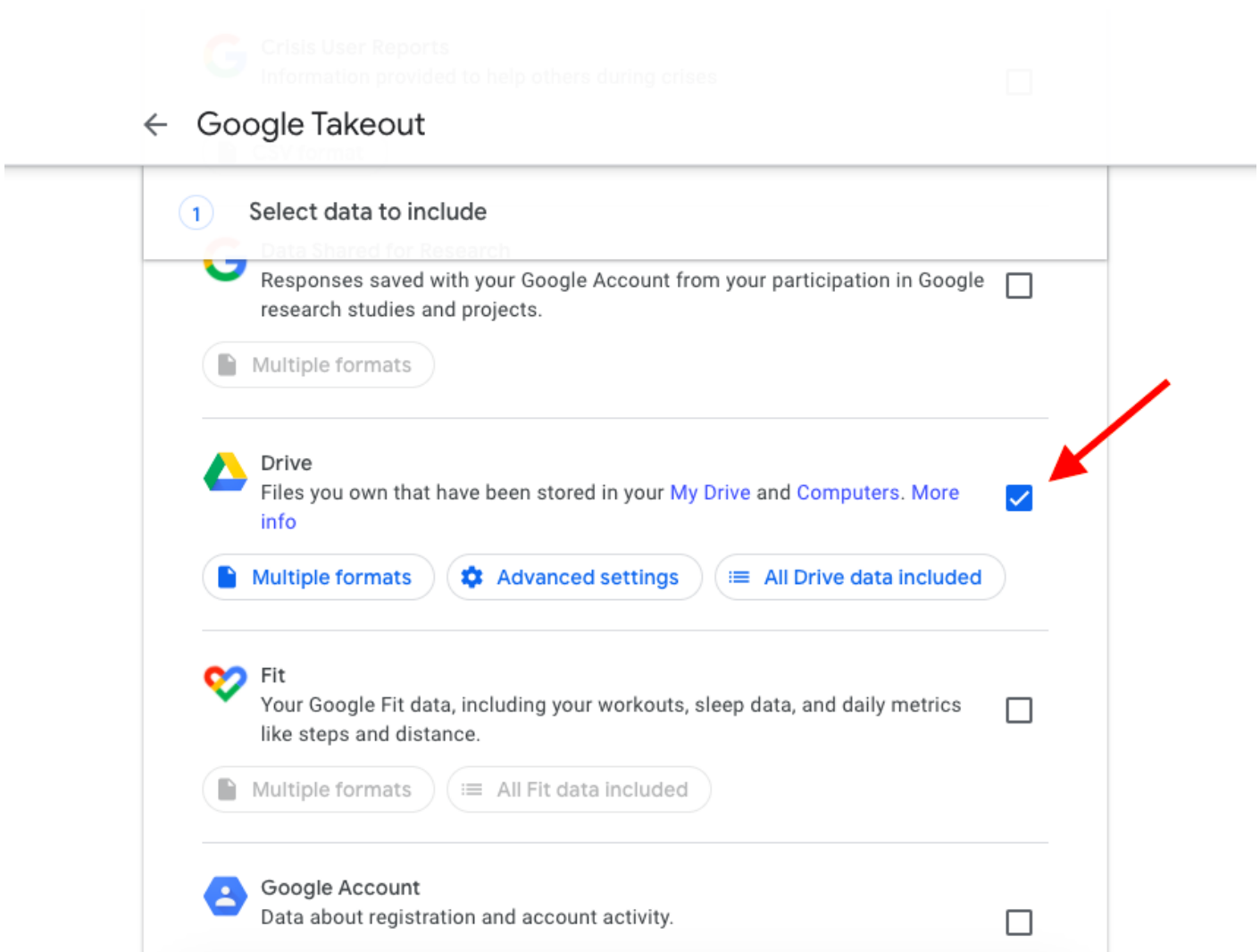


Use Google Takeout

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 list of data categories is shown with checkboxes to select them:

- Crisis User Reports**: Information provided to help others during crises.
- Data Shared for Research**: Responses saved with your Google Account from your participation in Google research studies and projects.
- Drive**: Files you own that have been stored in your [My Drive](#) and [Computers](#). [More info](#). (indicated by a red arrow)
- Fit**: Your Google Fit data, including your workouts, sleep data, and daily metrics like steps and distance.
- Google Account**: Data about registration and account activity.

Each category has a 'Multiple formats' button. The 'Drive' category also has 'Advanced settings' and 'All Drive data included' buttons.

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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