

How to download your Google data

1. Go to the [Google Takeout](#) page and sign into the account needing the data exported

Google products which you utilize and hold your data are automatically selected.

← Google Takeout

Your account, your data.

Export a copy of content in your Google Account to back it up or use it with a service outside of Google.

CREATE A NEW EXPORT

1 Select data to include 0 of 52 selected

- If you don't want to download data from a product, uncheck the box beside it.
- If you only want to download some of your data from a product, you may have the option to select a button like All data included. Then, you can uncheck the box next to data you don't want to include.

2. Select **Next step**.

We recommend using the “Send download link via email”.

2 Choose file type, frequency & destination

Destination

Transfer to:

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. [Learn more](#) about how to locate, access, and share your data.

Frequency

Export once
1 export

Export every 2 months for 1 year
6 exports

File type & size

File type:

.zip

Zip files can be opened on almost any computer.

File size:

2 GB

Exports larger than this size will be split into multiple files.


Create export



3. Select **Create export**.

An email with a link will be sent to your email.

Export progress

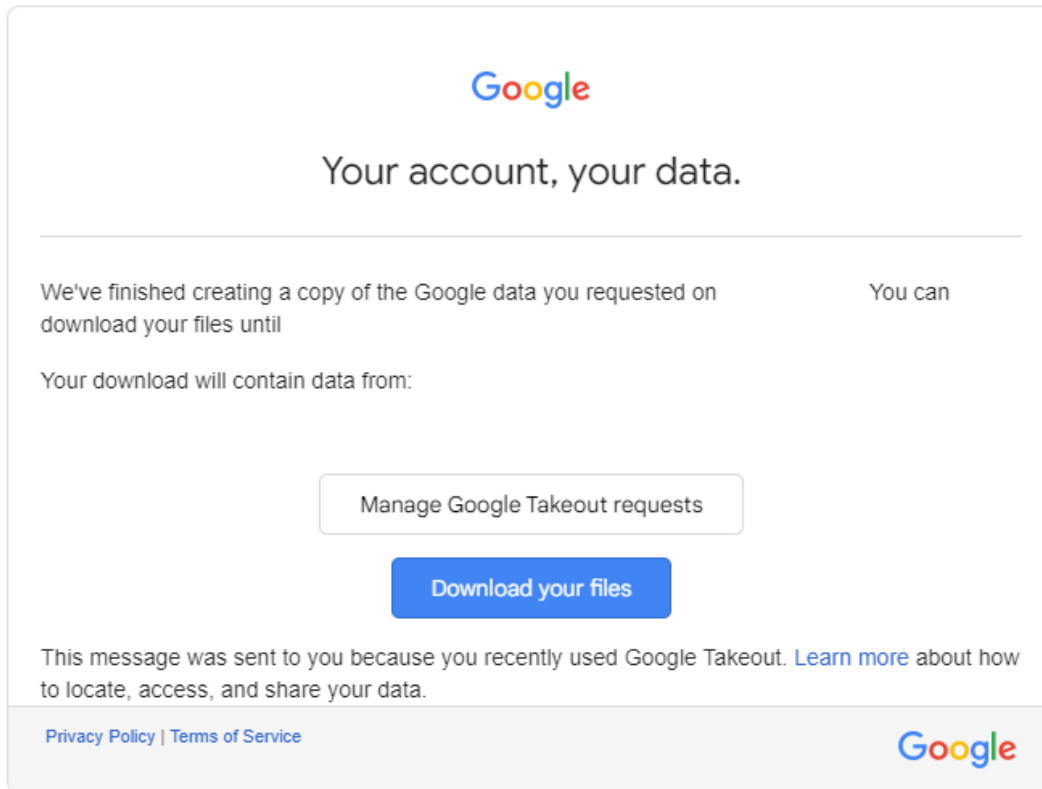
Google is creating a copy of data from Mail

 This process can take a long time (possibly hours or days) to complete. You'll receive an email when your export is done.

 [Cancel export](#)  [Create another export](#)

4. Download your files.

Click on "Download your files" found in the email.



<https://support.google.com/accounts/answer/3024190#zippy=>