

Google Takeout

Data included:

My Activity: your activity on Google sites, apps and services

YouTube and YouTube Music: watch and search history, videos, comments and other content created on YouTube and YouTube Music

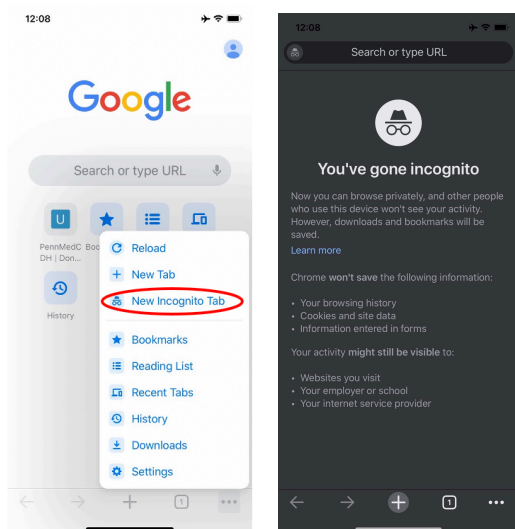
Google Fit: activities and daily aggregations

Export process:

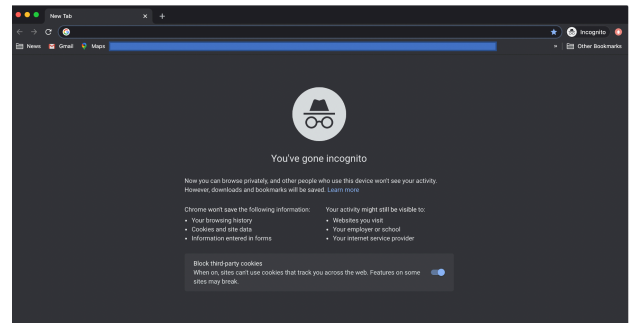
Please follow the steps below to download your Google Takeout Data

1. Please open an incognito window on a Safari or Chrome browser (Windows: Ctrl + Shift + N; macOS: Command + Shift + N).

Mobile:

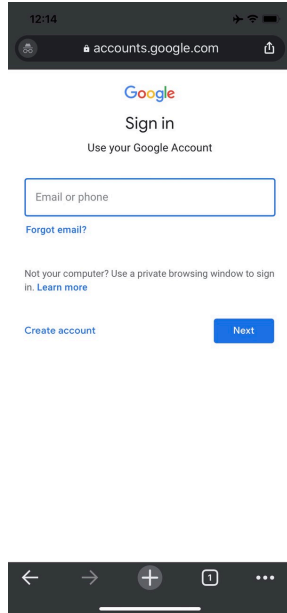


Computer:

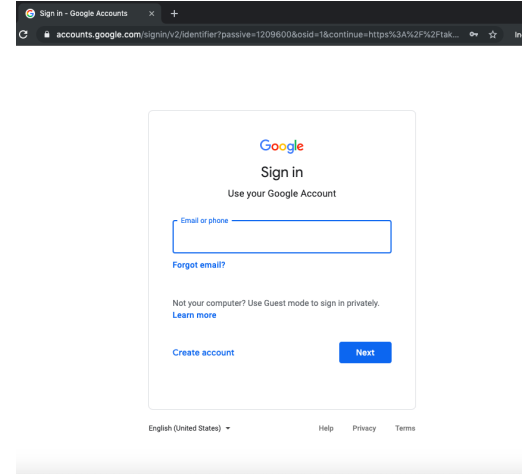


- Copy and paste <https://takeout.google.com/> into your incognito browser and log into your Gmail account.

Mobile:

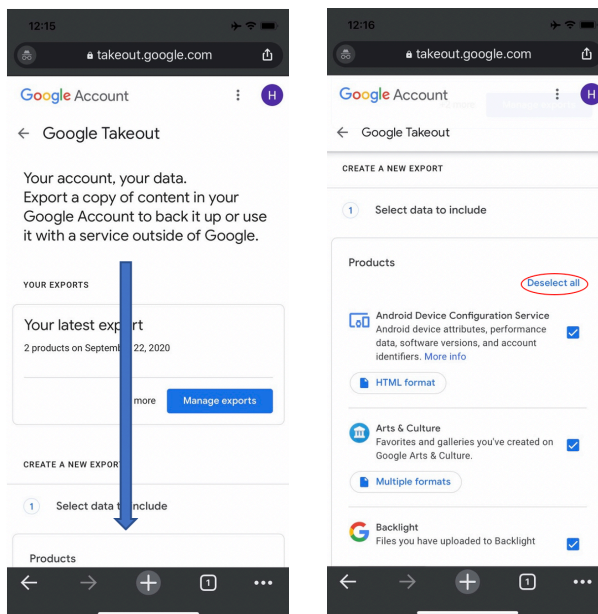


Computer:

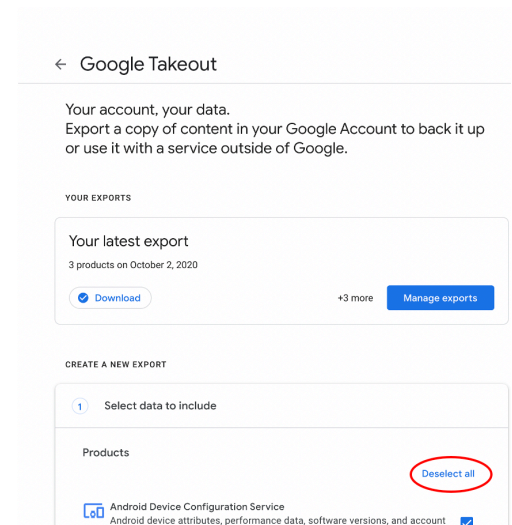


- Once you see the Google Takeout page, scroll down to the 'Create a New Export' box and please click **"Deselect all."**

Mobile:

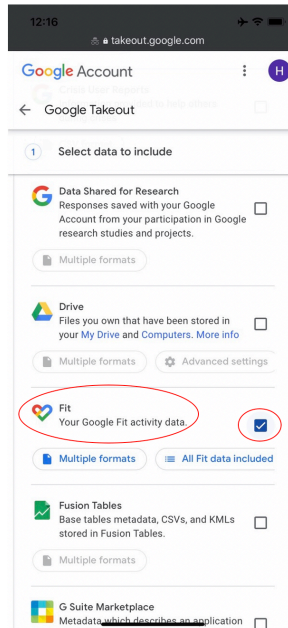


Computer:

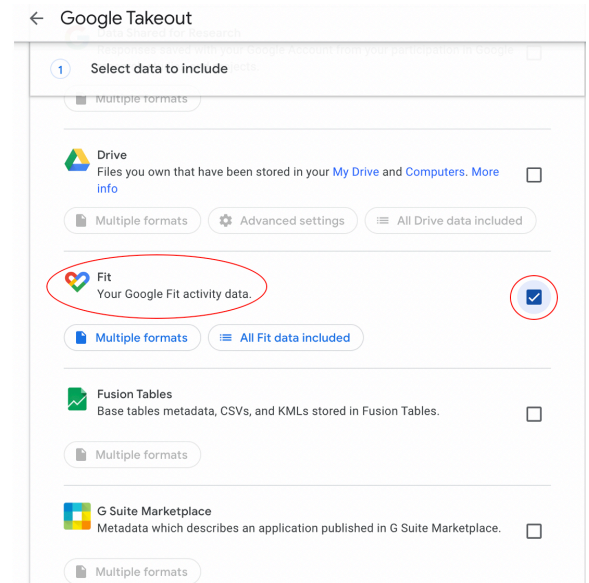


4. Scroll down through the Google products listed in alphabetical order, and select the check box next to **Fit**.

Mobile:

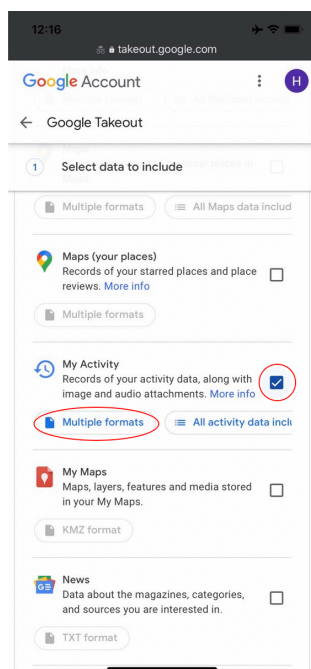


Computer:

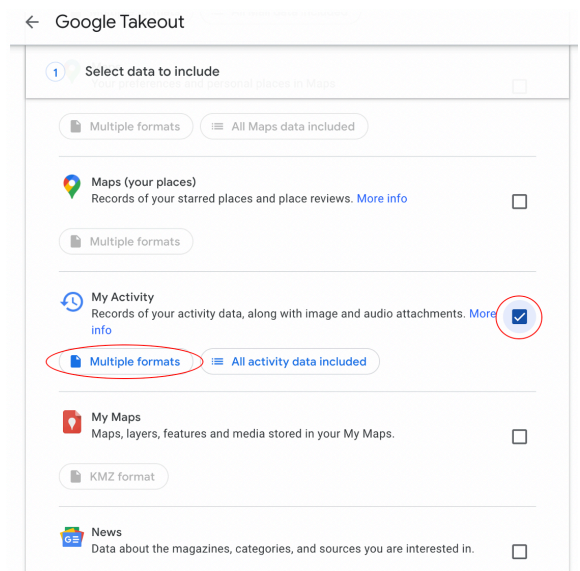


5. Keep scrolling until you get to **My Activity** and select the check box. Once a check appears within the box, click on **“Multiple Formats”** change it from html to **JSON**, and then click **OK**.

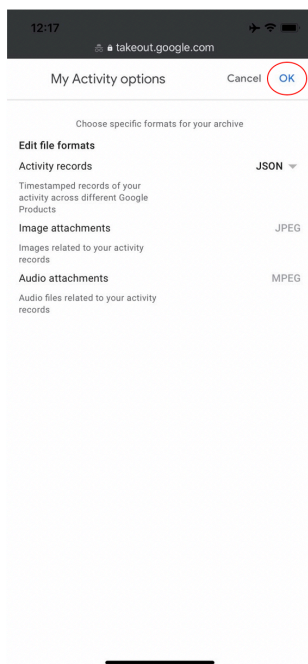
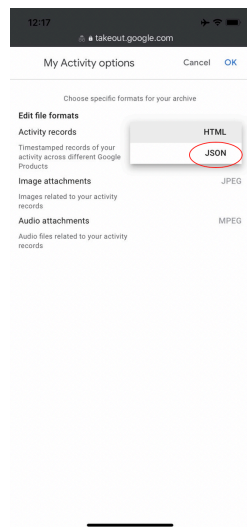
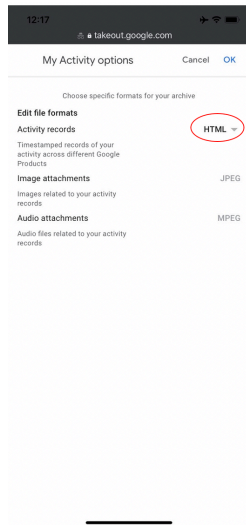
Mobile:



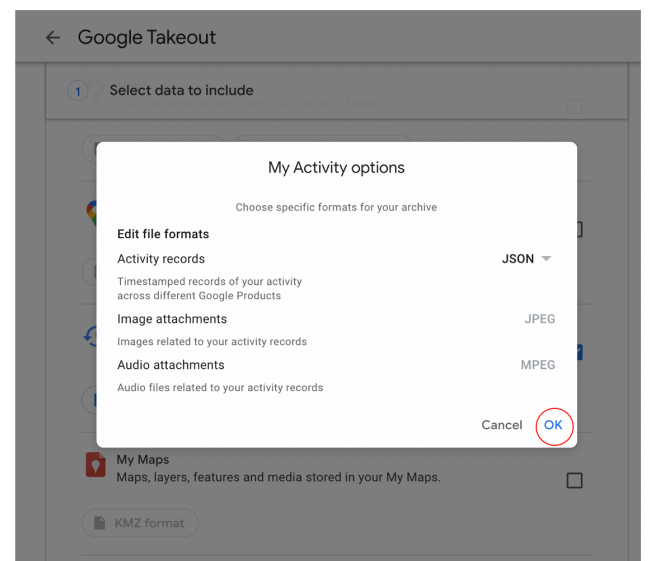
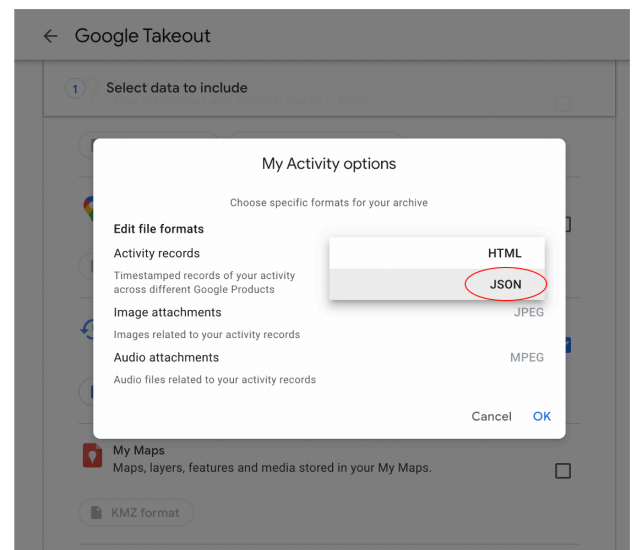
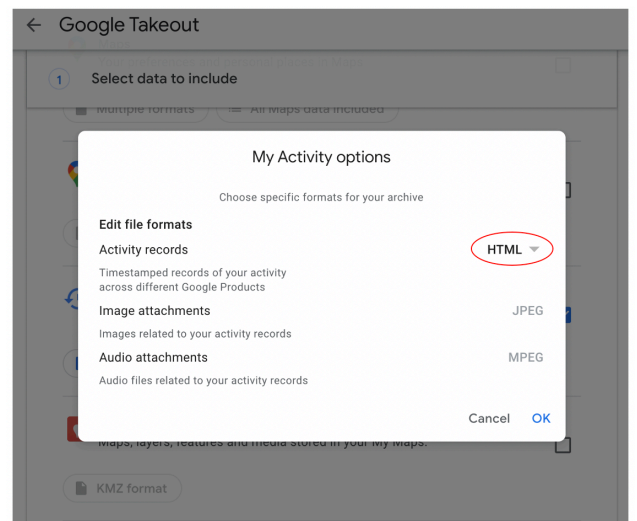
Computer:



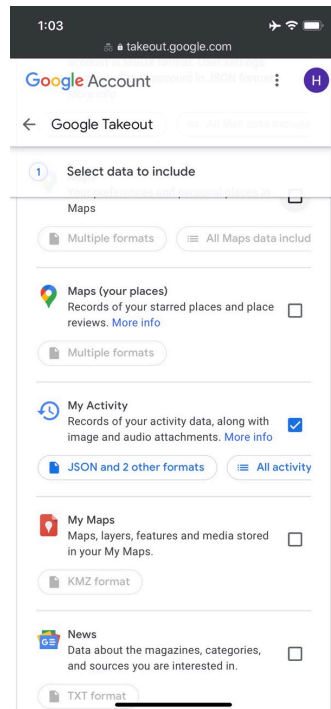
Mobile:



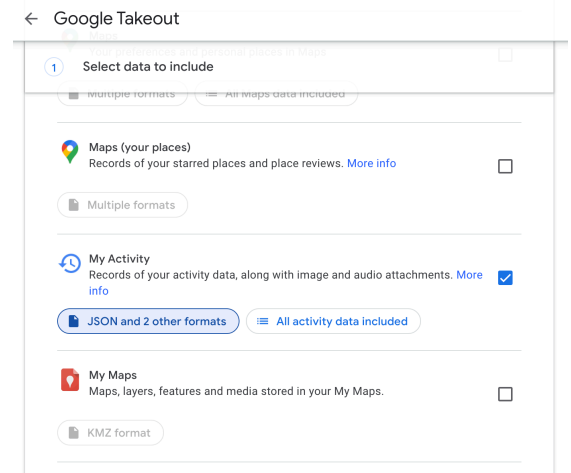
Computer:



Mobile:

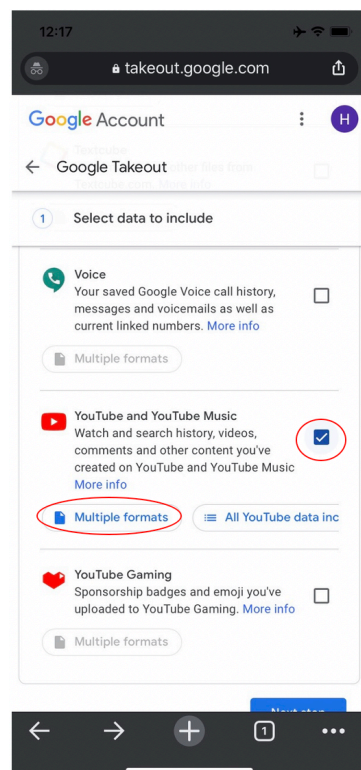


Computer:

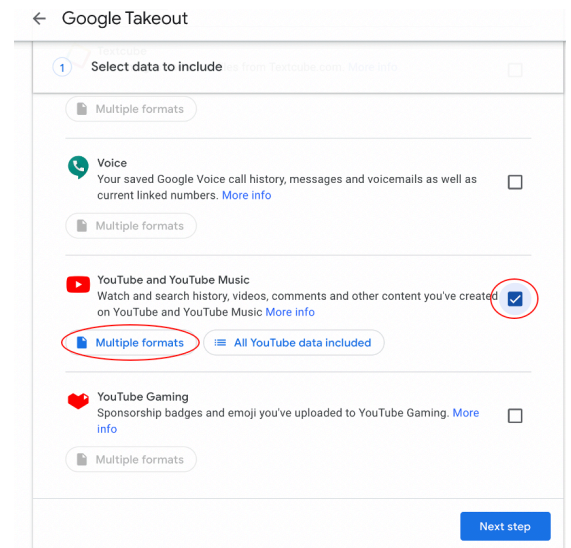


6. Keep scrolling through the Google products and select **YouTube and YouTube Music** so that a check appears within the box. Then click **Multiple Formats** change it from html to **JSON**, and click **OK**.

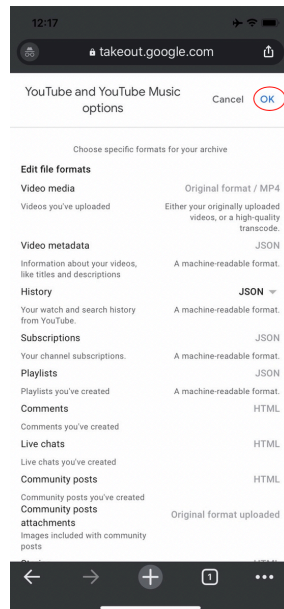
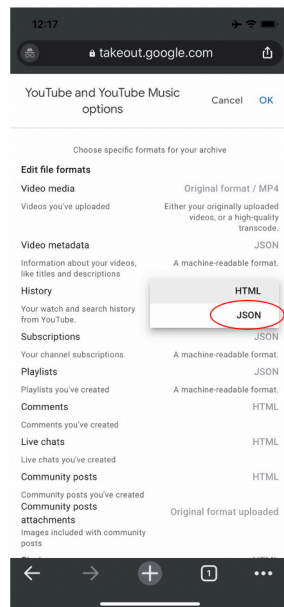
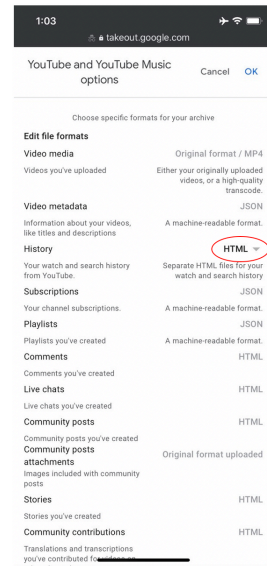
Mobile:



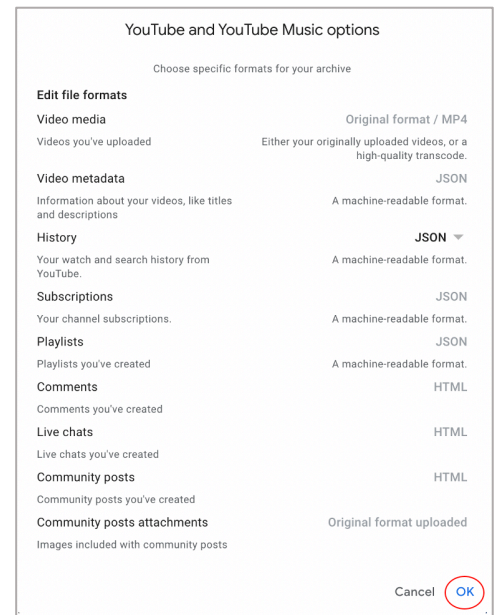
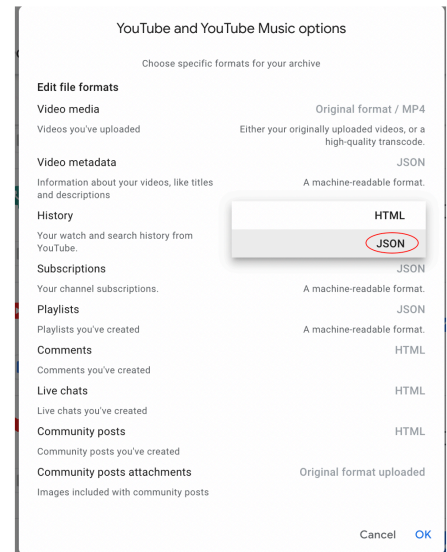
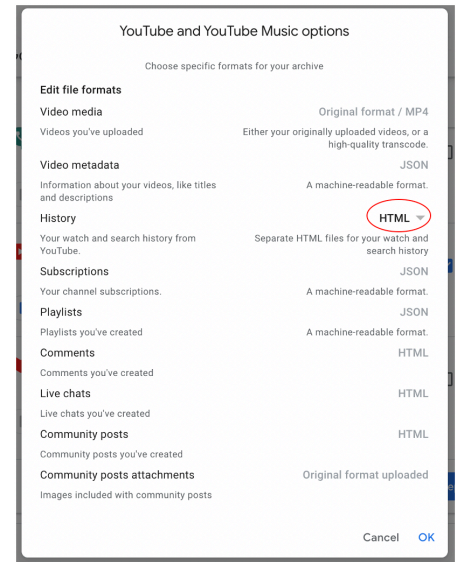
Computer:



Mobile:

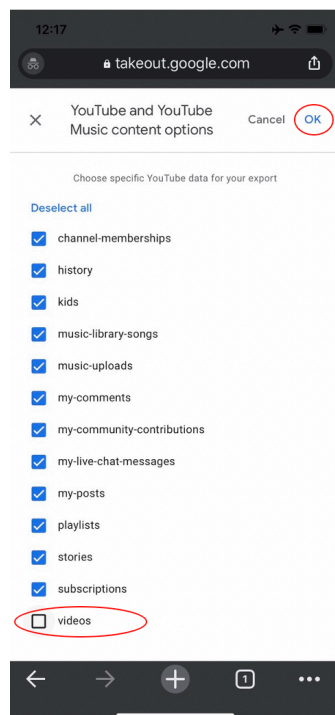
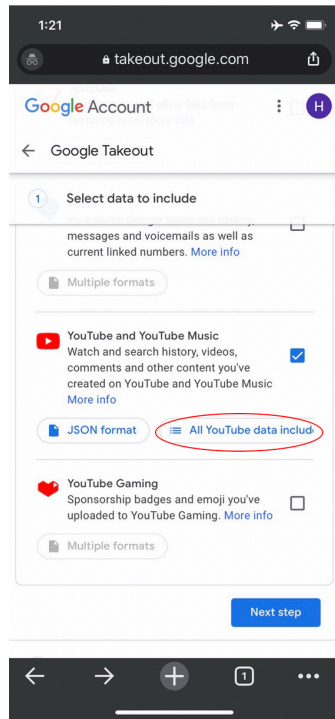


Computer:

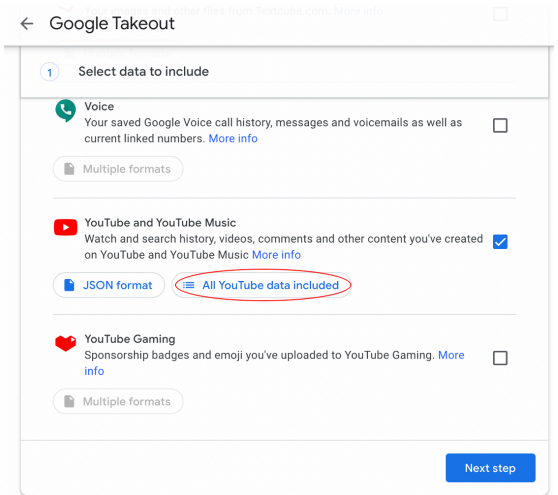


7. Then click on **All YouTube data included** which will prompt a pop-up window. Scroll down to the bottom and **deselect videos** and then click **OK**.

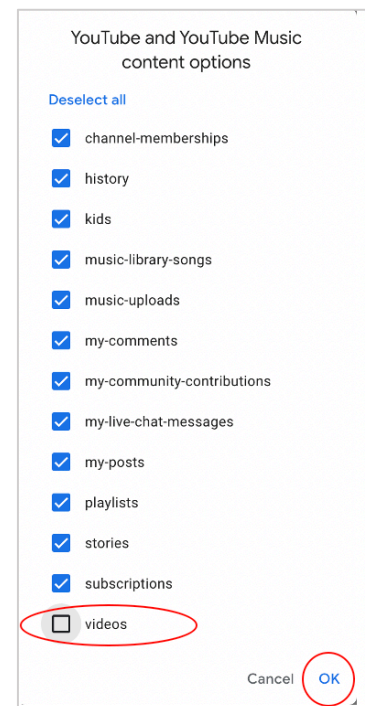
Mobile:



Computer:

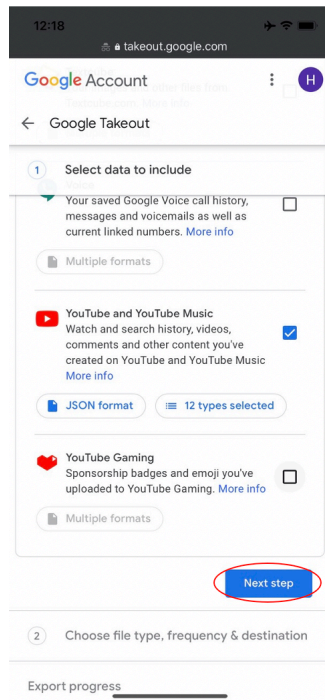


Note: you may need to scroll to get to videos

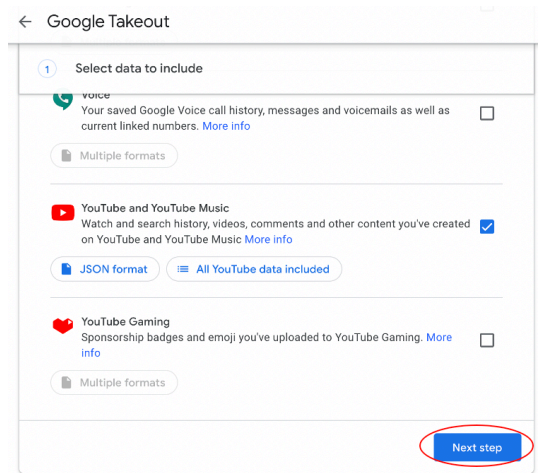


8. Scroll down and click “**Next Step**” at the bottom of the page.

Mobile:

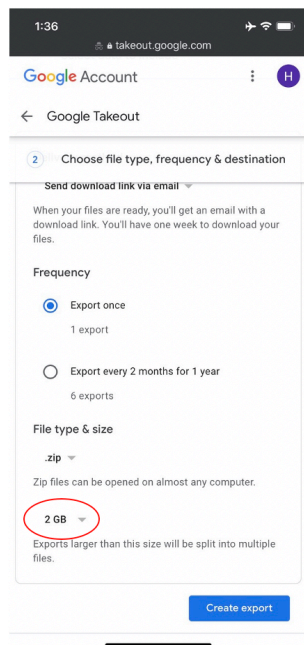


Computer:

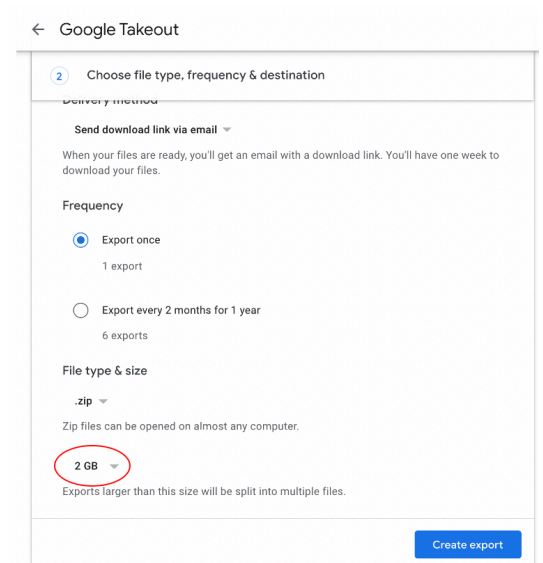


9. Scroll through the page and make sure that you are sending the **download link via email** and file type is **.zip**. Click on the dropdown next to 2GB and select **4GB**.

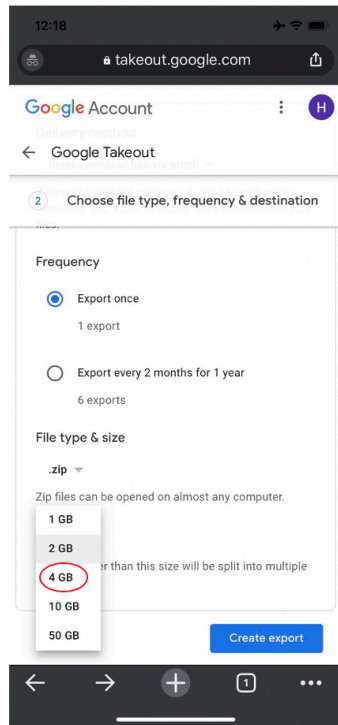
Mobile:



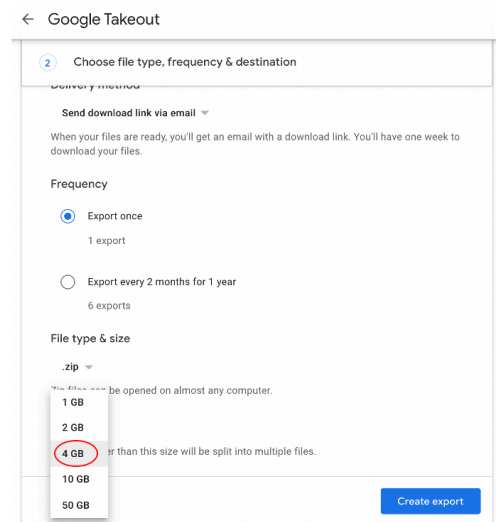
Computer:



Mobile:

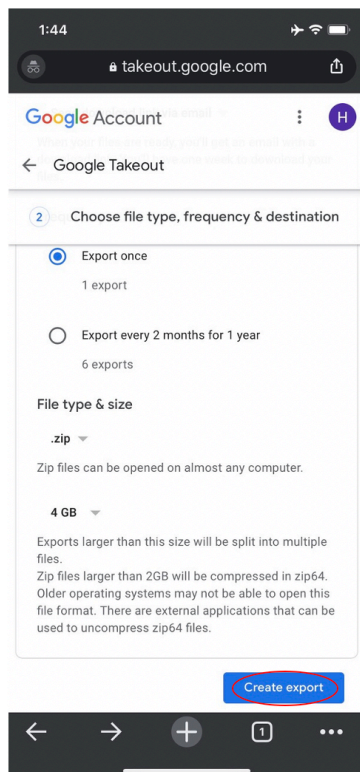


Computer:

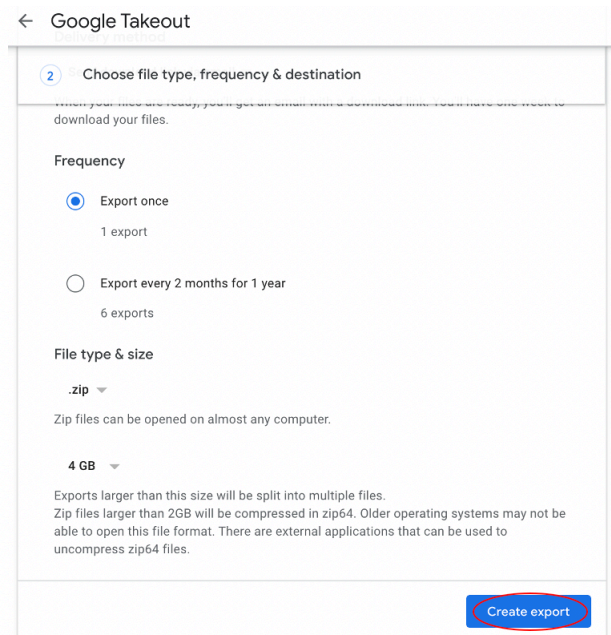


10. Once selected, click on **Create export**. You will be emailed the zip file once its downloaded.

Mobile:

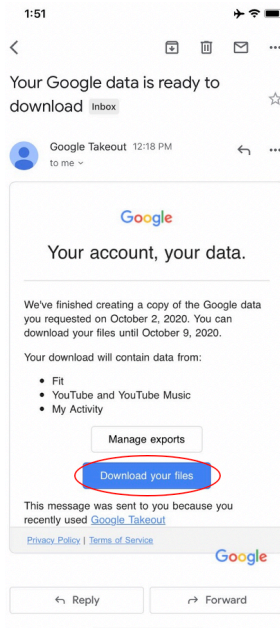


Computer:

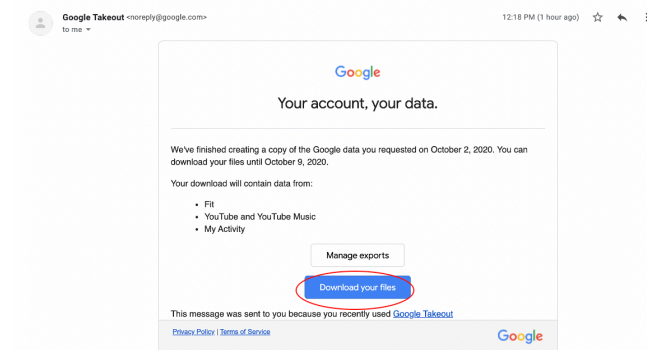


11. The creation of the export can take up to 2 days so please just be on the lookout for an email from Google with the subject: **Your google data is ready to download**. Once you receive this email, please click on **Download your files**.

Mobile:

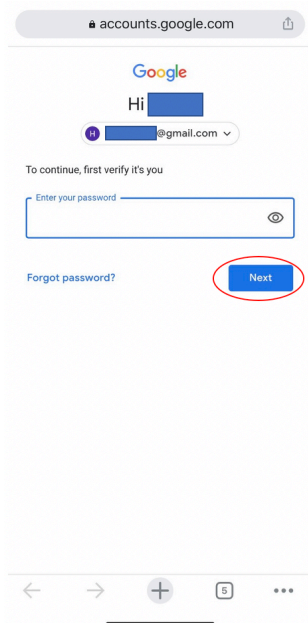


Computer:

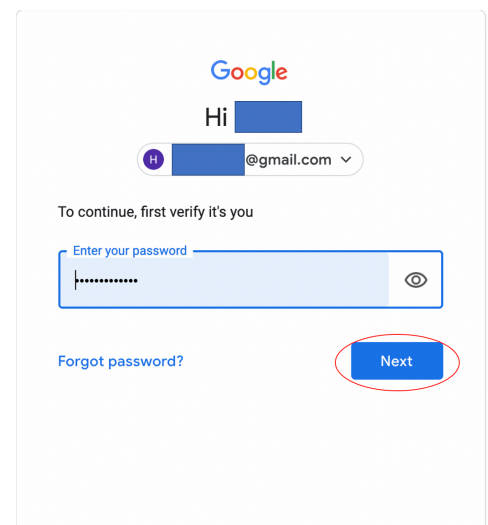


12. A login page will appear, please enter your login credentials and click **Next**.

Mobile:

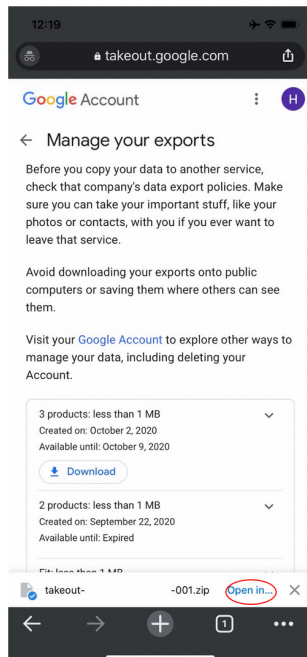
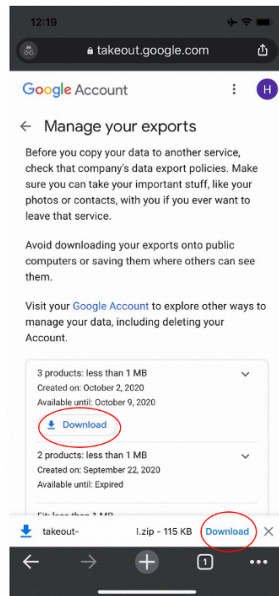


Computer:

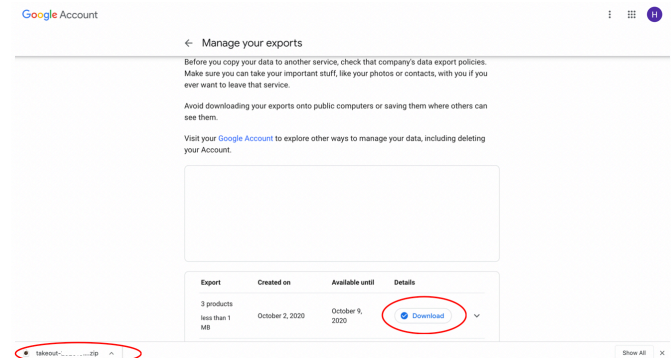


13. Once you login, the export file may automatically start to download. If it does not, please click the **Download** button next to the most recent takeout request. If using a mobile device, select **Open in...** and when the pop-up appears, select **Save to Files**. Another popup of your files will appear. Select the Downloads folder and click **Save**.

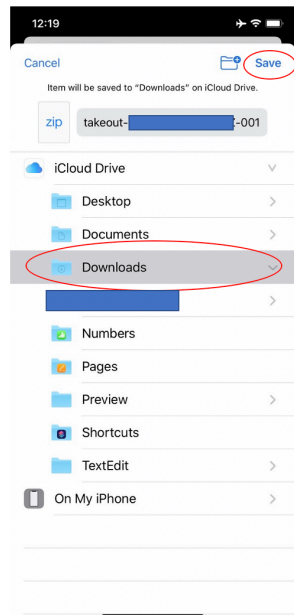
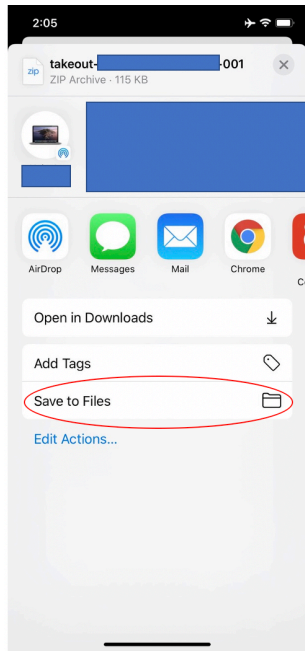
Mobile:



Computer:



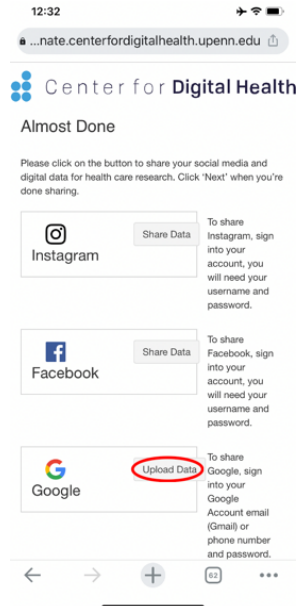
Mobile:



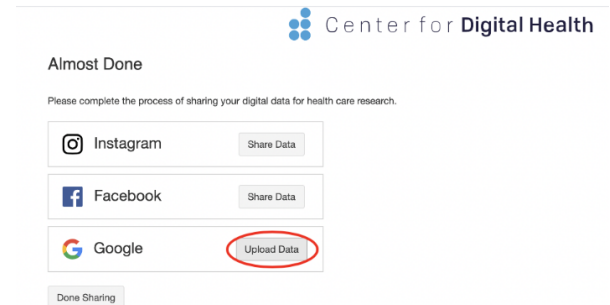
14. Return to the Center for Digital Health Donate Your Data webpage (the link in the email that you received from our research team; it should look similar to:
<https://donate.centerfordigitalhealth.upenn.edu/socialshare?activity=<number>&survey=<number>>)

15. Click **Upload Data** next to the Google icon.

Mobile:

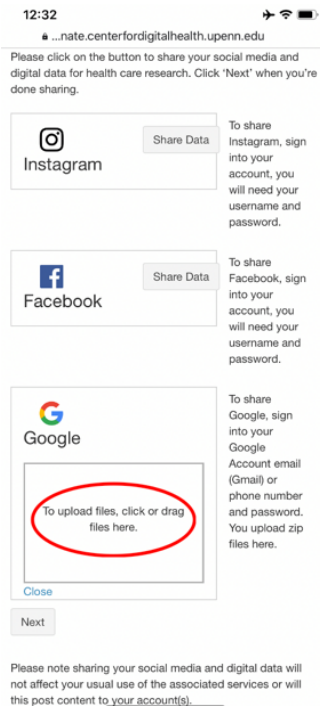


Computer:

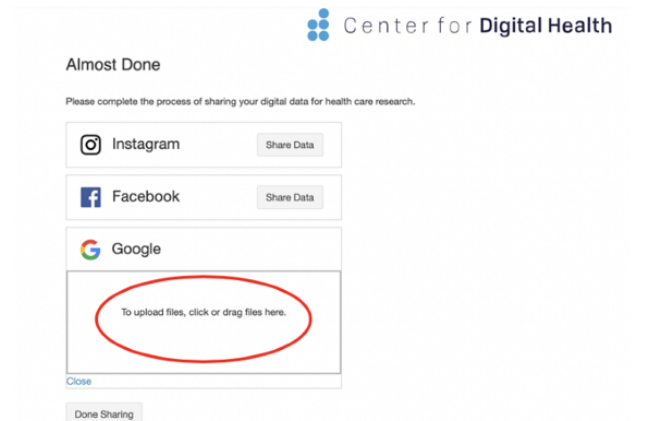


16. A box should appear below. Please click on the **box**.

Mobile:

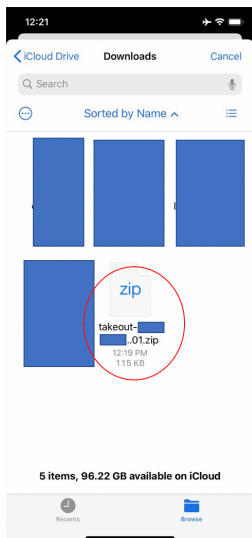
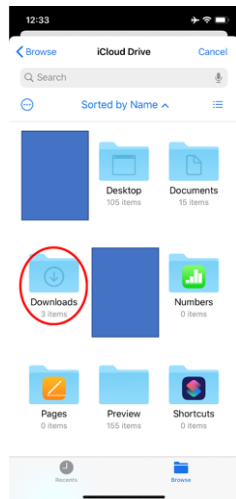
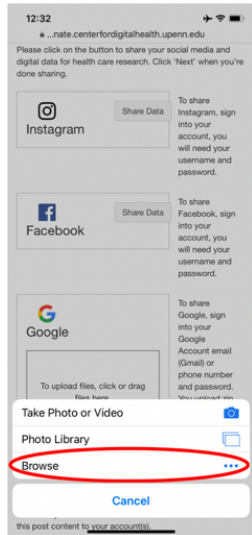


Computer:

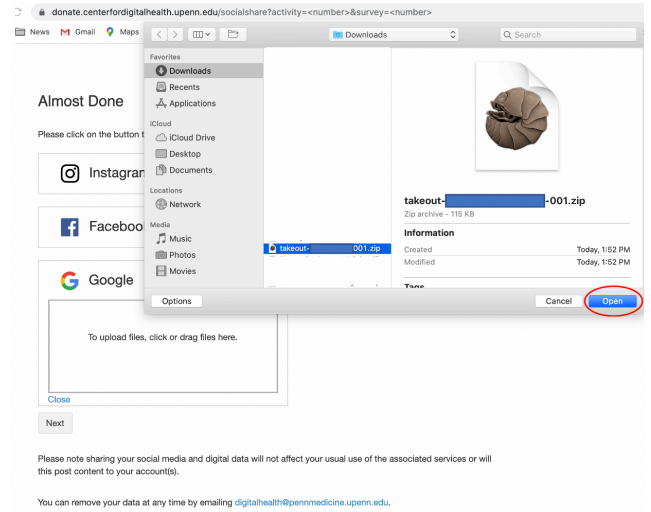


17. Please navigate to the **Downloads** folder and select the **takeout-<numbers>.zip** file.

Mobile:

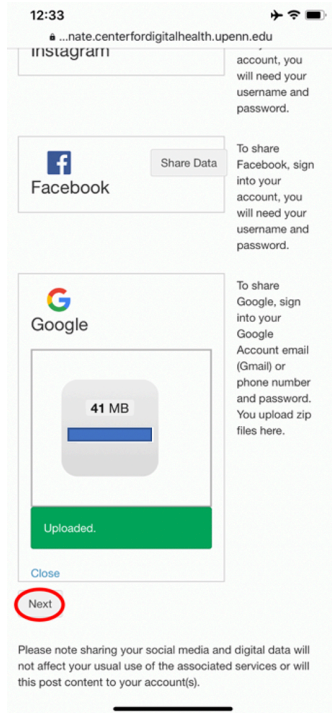


Computer:

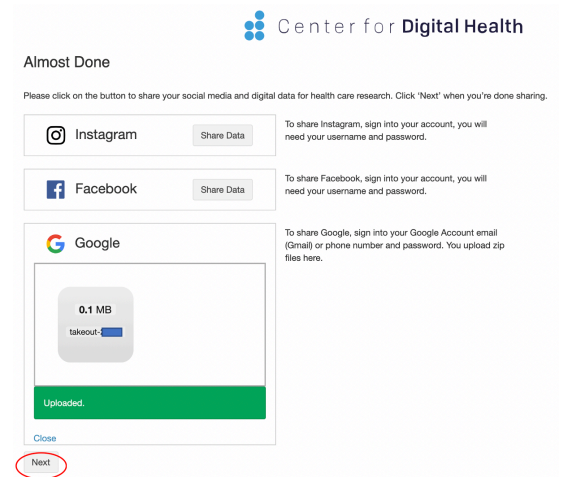


18. You should then see the **takeout-<numbers>.zip** file uploaded in the box below the Google icon. Once you do, please click **Next**.

Mobile:



Computer:



19. You are all finished. Please remember to log out of your Google account, and thank you for your cooperation.