Google Takeout

Data included:

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

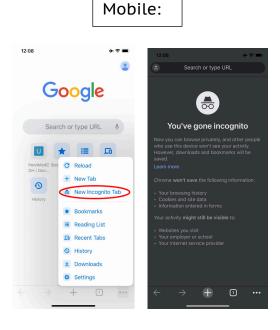
YouTube and YouTube Music: watch and search history, videos, comments and other content created on YouTube and YouTube Music

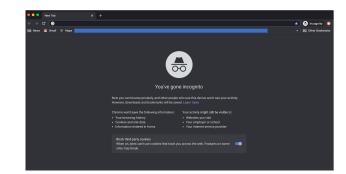
Google Fit: activities and daily aggregations

Export process:

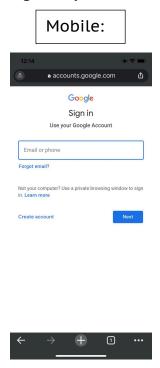
Please follow the steps below to download your Google Takeout Data

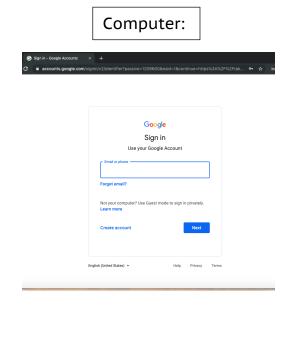
1. Please open an incognito window on a Safari or Chrome browser (Windows: Ctrl + Shift + N; macOS: Command + Shift + N).



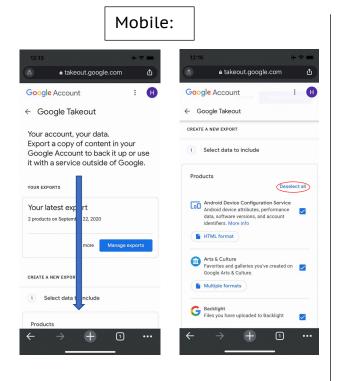


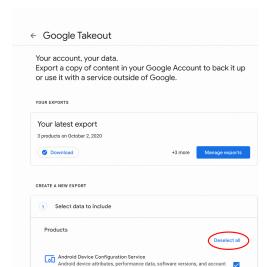
2. Copy and paste https://takeout.google.com/ into your incognito browser and log into your Gmail account.



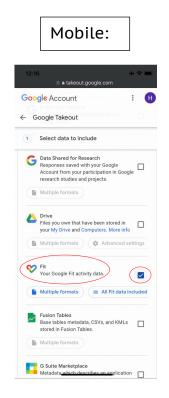


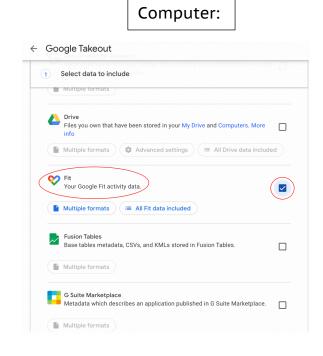
3. Once you see the Google Takeout page, scroll down to the 'Create a New Export' box and please click "**Deselect all**."





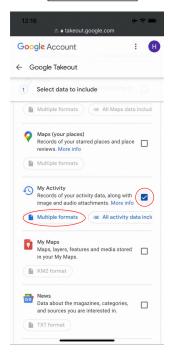
4. Scroll down through the Google products listed in alphabetical order, and select the check box next to **Fit**.

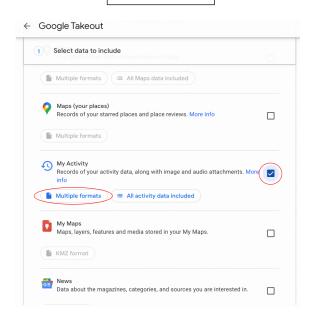




5. Keep scrolling until you get to **My Activity** and select the check box. Once a check appears within the box, click on "**Multiple Formats**" change it from html to **JSON**, and then click **OK**.





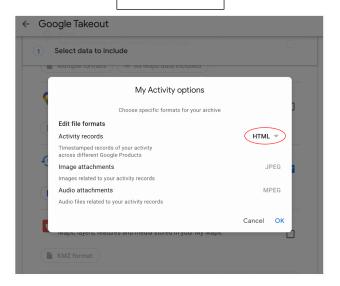


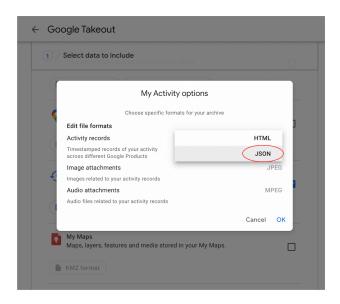
Mobile:

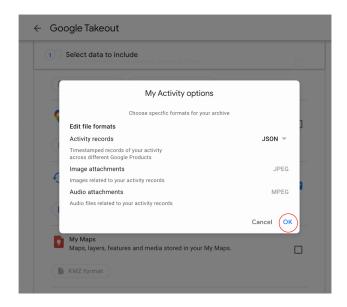




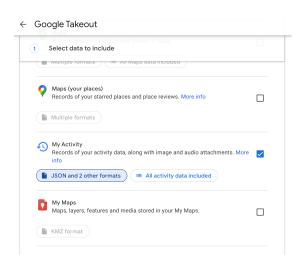






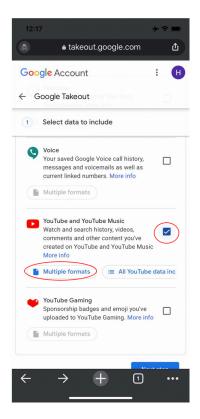


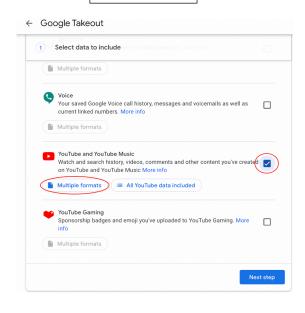
Computer:



 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:







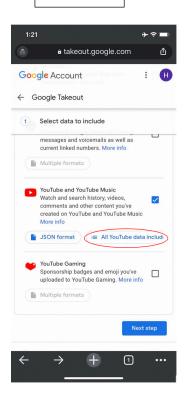


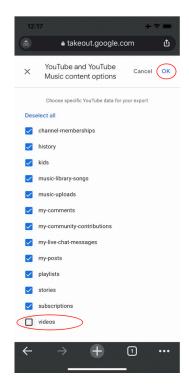


Choose specific formats for your archive	
Edit file formats	
Video media	Original format / MP4
Videos you've uploaded	Either your originally uploaded videos, or a high-quality transcode
Video metadata	JSON
Information about your videos, like titles and descriptions	A machine-readable format
History	JSON ~
Your watch and search history from YouTube.	A machine-readable format
Subscriptions	JSON
Your channel subscriptions.	A machine-readable format
Playlists	JSON
Playlists you've created	A machine-readable format
Comments	HTML
Comments you've created	
Live chats	HTML
Live chats you've created	
Community posts	HTML
Community posts you've created	
Community posts attachments	Original format uploaded
Images included with community posts	
	Cancel

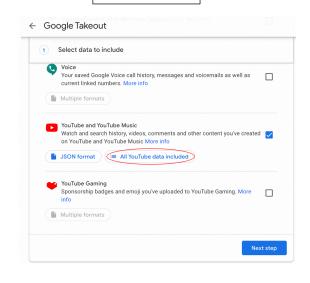
7. Then click on **All YouTube data included** which will prompt a pop-up window. Scroll down to the bottom and **deselect videos** and then click **OK**.

Mobile:

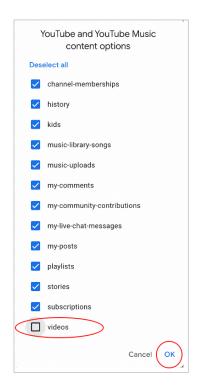




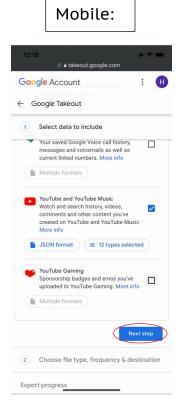
Computer:

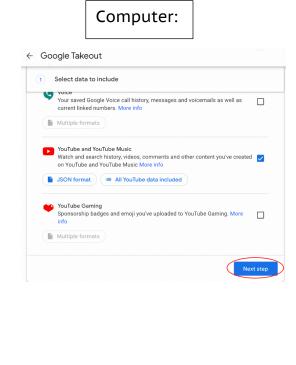


Note: you may need to scroll to get to videos

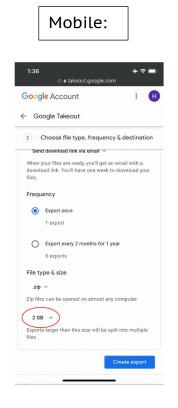


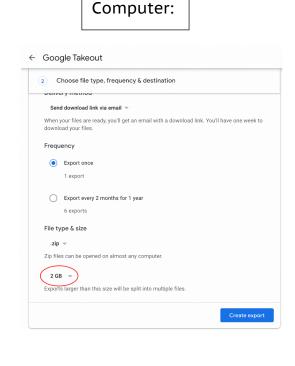
8. Scroll down and click "Next Step" at the bottom of the page.





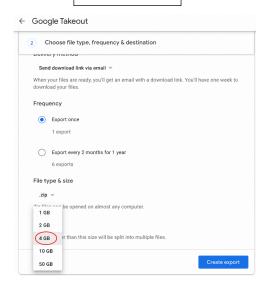
9. Scroll through the page and make sure that you are sending the **download link via email** and file type is .zip. Click on the dropdown next to 2GB and select 4GB.



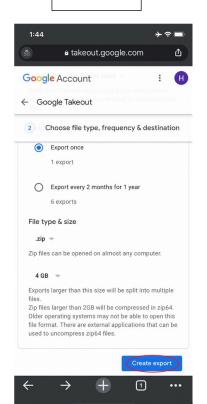


Mobile: à takeout.google.com Google Account ← Google Takeout 2 Choose file type, frequency & destination Frequency Export once 1 export Export every 2 months for 1 year File type & size 2 GB er than this size will be split into multiple 4 GB 10 GB 50 GB 1

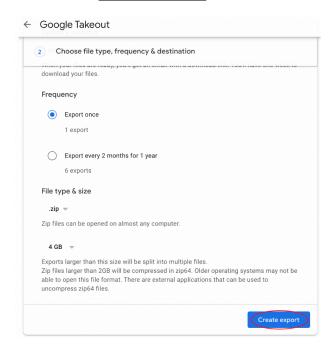
Computer:



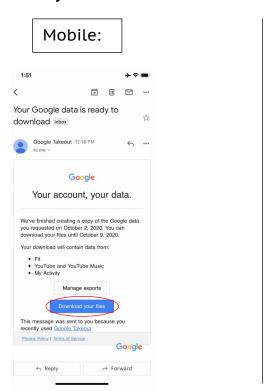
10.Once selected, click on **Create export**. You will be emailed the zip file once its downloaded.

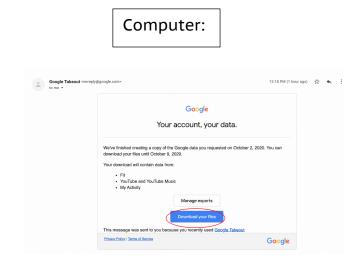


Mobile:

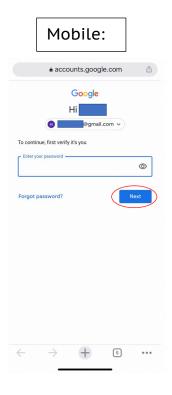


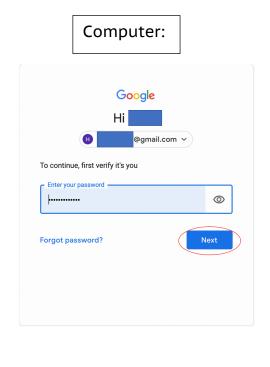
11. The creation of the export can take up to 2 days so please just be on the lookout for an email from Google with the subject: **Your google data is ready to download**. Once you receive this email, please click on **Download your files**.



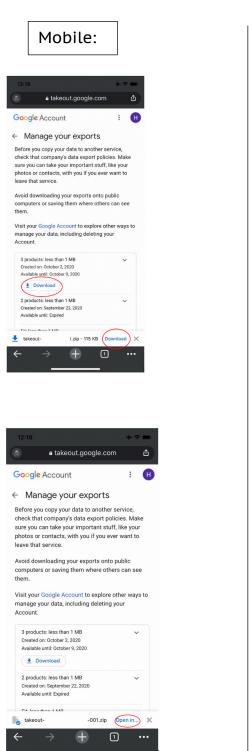


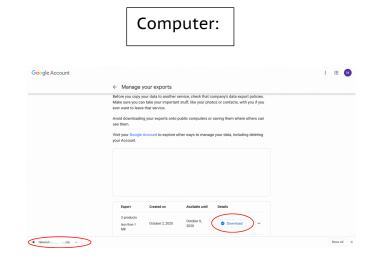
12. A login page will appear, please enter your login credentials and click **Next**.

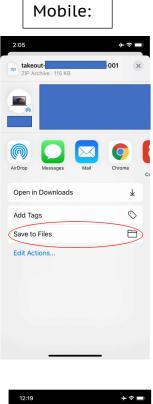


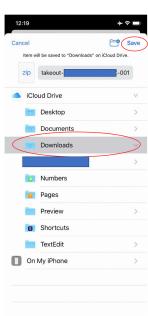


13. Once you login, the export file may automatically start to download. If it does not, please click the **Download** button next to the most recent takeout request. If using a mobile device, select **Open in...** and when the pop-up appears, select **Save to Files.** Another popup of your files will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





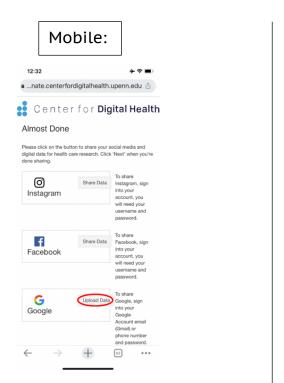


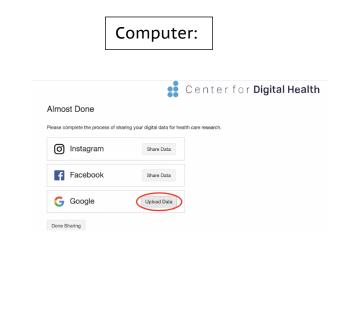


14. Return to the Center for Digital Health Donate Your Data webpage (the link in the email that you received from our research team; it should look similar to:

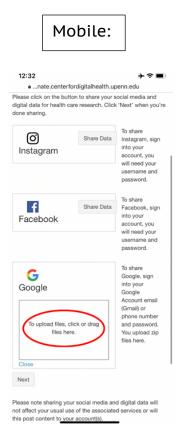
https://donate.centerfordigitalhealth.upenn.edu/socialshare?activity=<*number*>&survey=<*number>*)

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





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





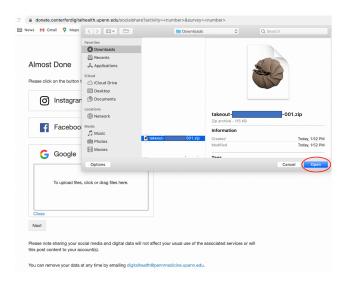
17. Please navigate to the **Downloads** folder and select the **takeout-** <numbers>.zip file.

Mobile:

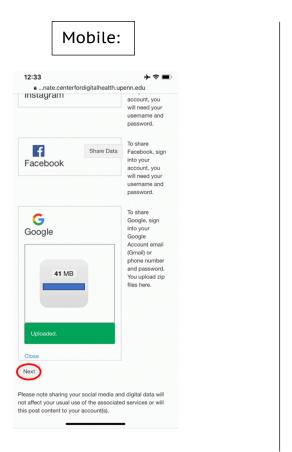


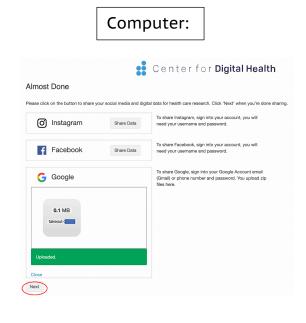






18. You should then see the **takeout-<numbers>.zip** file uploaded in the box below the Google icon. Once you do, please click **Next**.





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