Click "Log In" to connect with your Facebook account.



Click "Insert Friends" to pull information about your friends into the spreadsheet.



The data will then be inserted as a table. By default, First Name, Last Name, Birthday and Gender will be inserted.



If you would like to change what information gets imported, click the [Arrow?] "Settings" button and check the boxes you would like to include. The grey section headers (ex: "Basic", "Counts", etc...) can be expanded by clicking on them.

