How to Download and Prepare Your Facebook Data for Upload

1. Introduction

This guide explains how to download specific Facebook data files required for analysis. You'll export your data in **JSON format** from Facebook's settings, then upload only the specified files to our website.
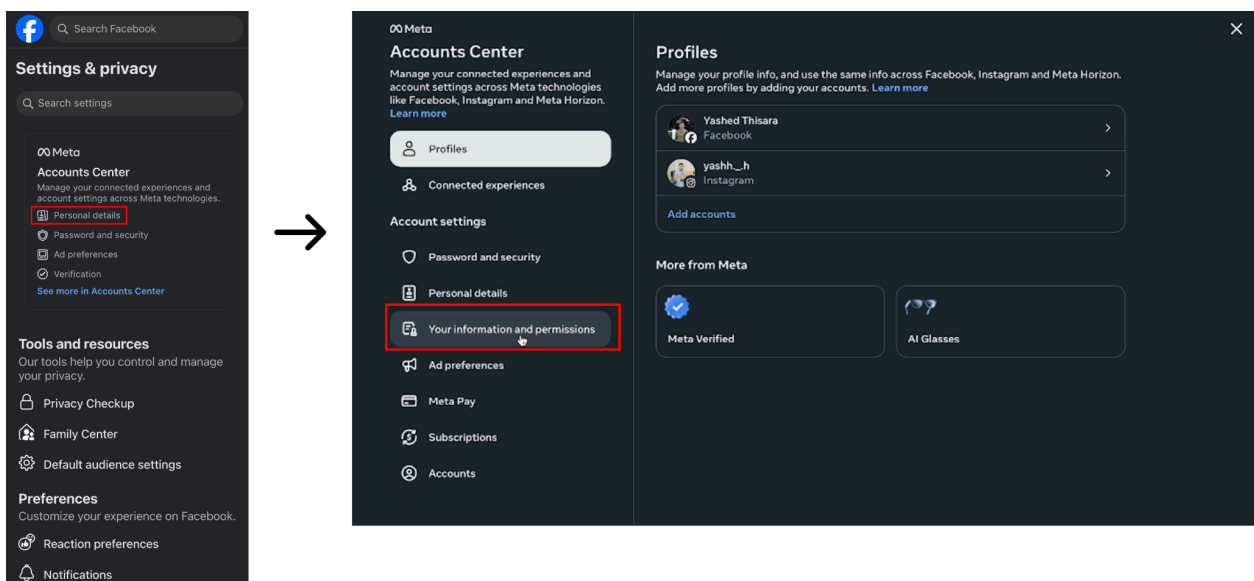
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2. Steps to Download Facebook Data

Step 1: Go to Facebook Settings

1. Log in to your Facebook account.
2. Click the **Profile icon (top-right corner)**.
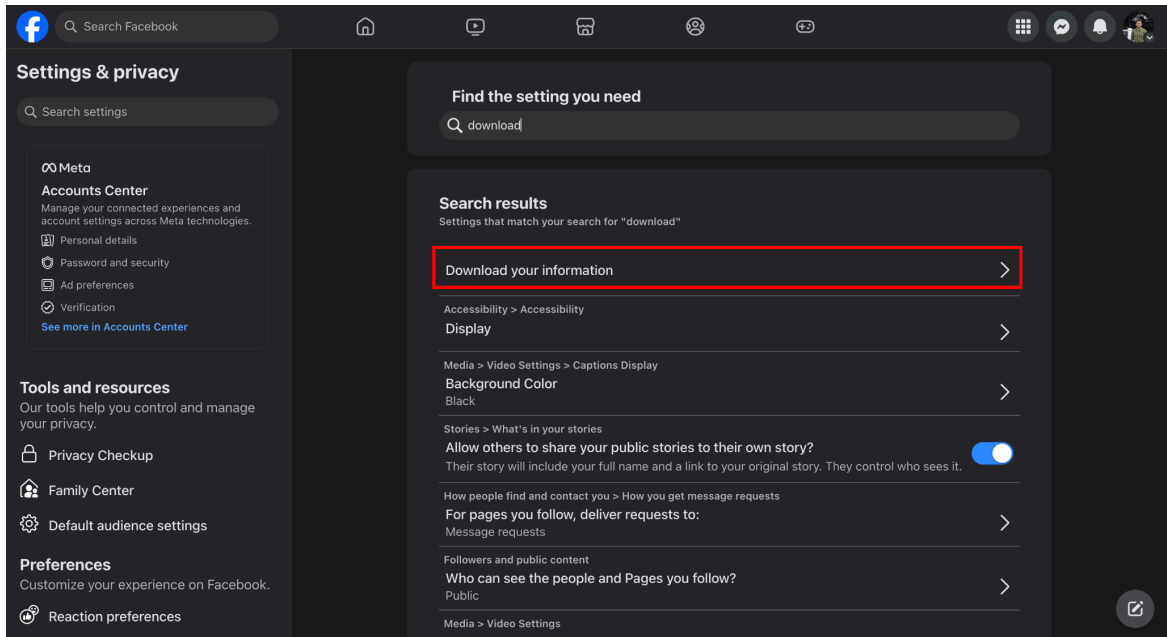3. Select **Settings & Privacy → Settings**.

Step 2: Find the "Download Your Information" Section

You can reach this section in **two ways**:

- **Option 1:**
  Go to **Personal Details → Your information and permissions → Export your information**
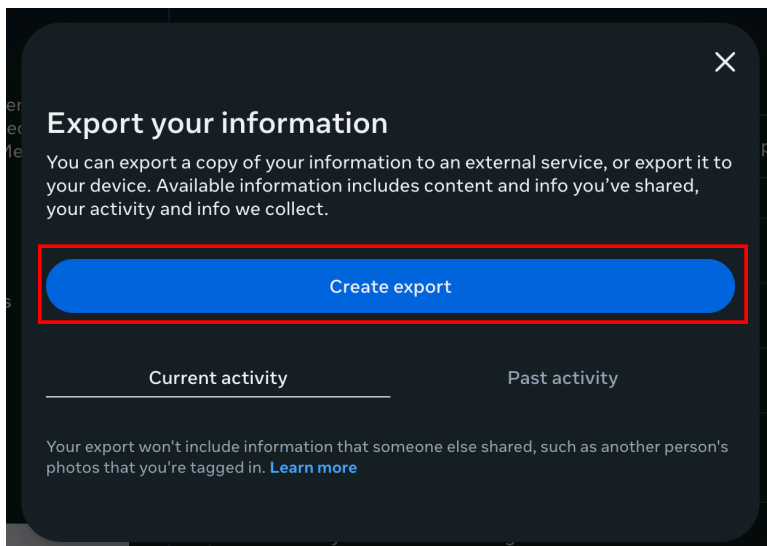
- **Option 2:**
  Use the **search bar** in Settings and type **"Download"** → choose **Download your information**.
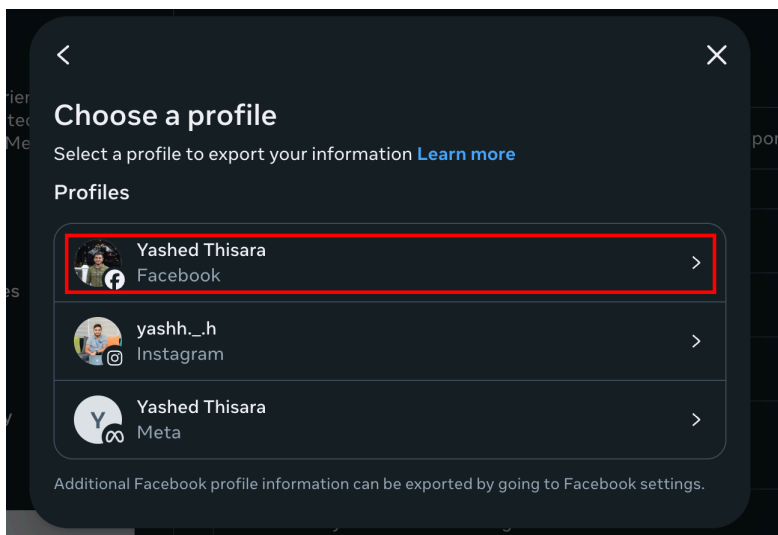

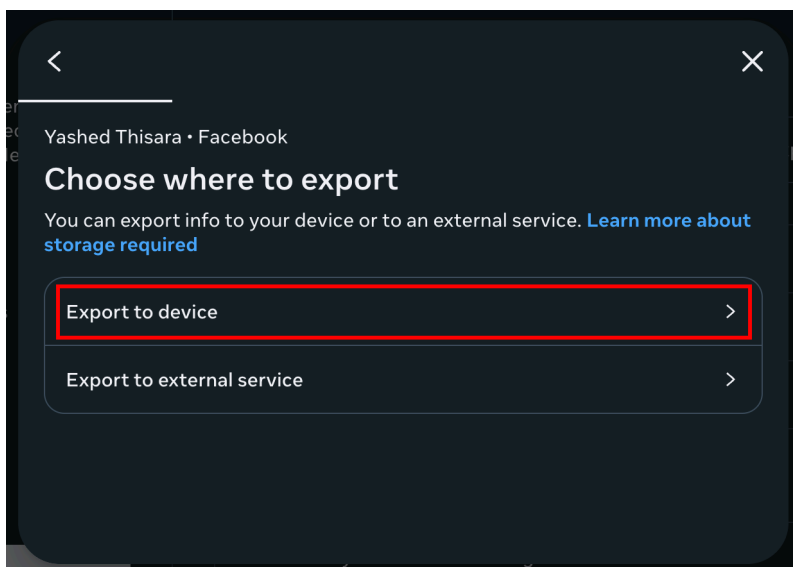---

Step 3: Create an Export

1. Once inside **Export your information**, click **Create Export**.

2. Choose your **Facebook profile** (if you have multiple accounts).
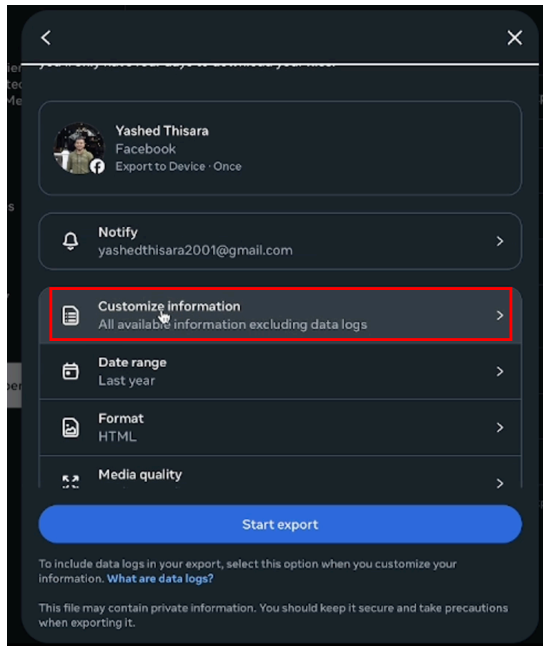

3. Under **Choose where to export**, select **Export to device**.

Step 4: Customize What to Export
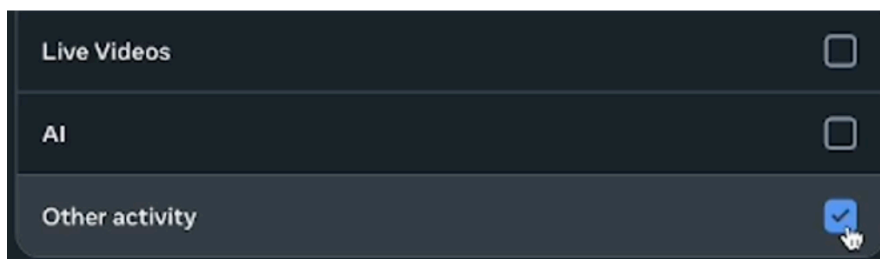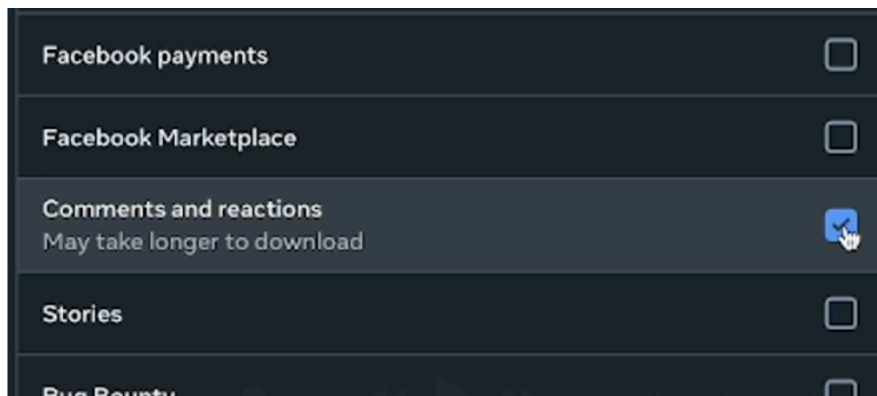
1. Scroll to the **Custom information section**.
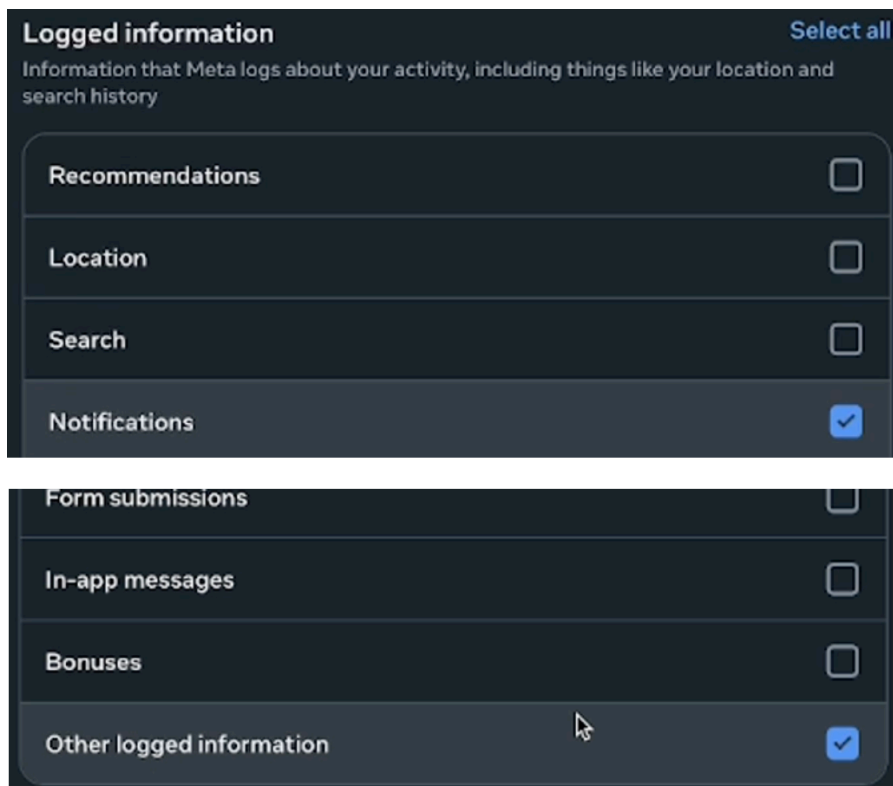
2. Select only the following categories:

1. Your Facebook Activity

- *Comments and Reactions*
- *Other Activity*

2. Logged Information

- *Notifications*
- *Other Logged Information*

Step 5: Adjust Export Settings

- **Date Range:** Last Year

- **Format:** JSON

- **Media Quality:** High
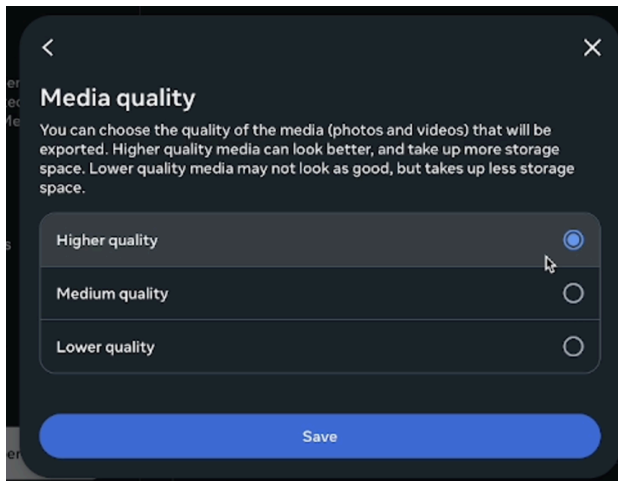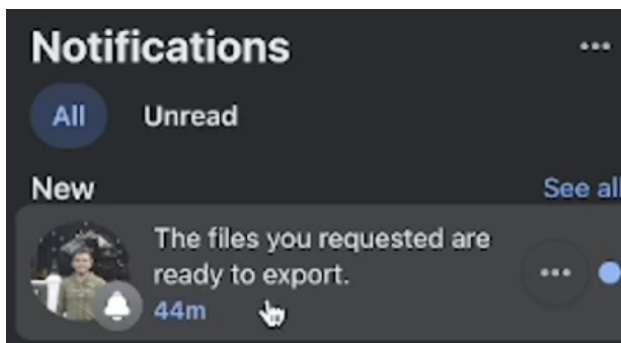

Click **Start Export**.
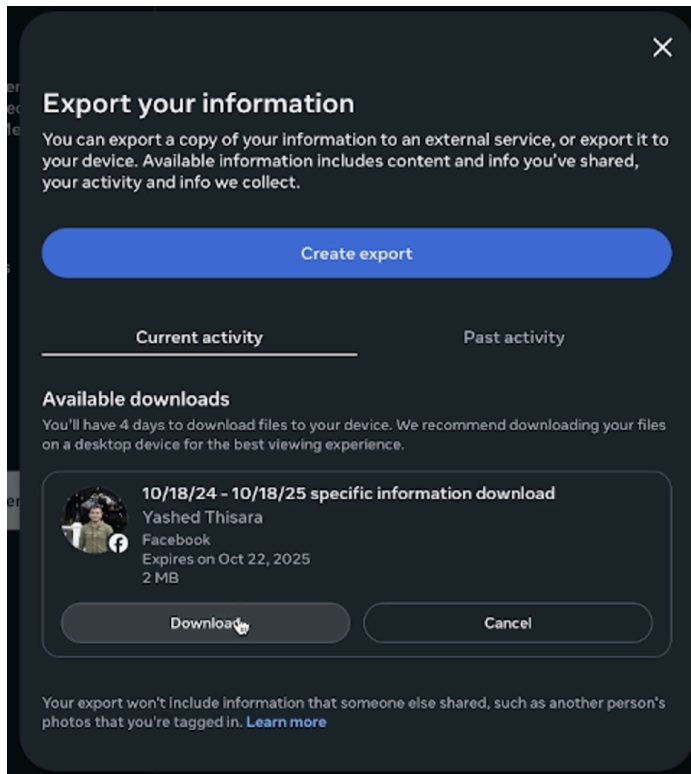Facebook will ask for your **password** — enter it to confirm.

Step 6: Wait for Export to Complete

- Facebook will take around **30 minutes** to prepare your export.
- You'll receive a **notification** once your file is ready.

![DeteX logo]

Step 7: Download the Data

1. Return to the **Export your information** section.
2. Click **Download** next to your export file.
3. It will download as a **ZIP file**.

Step 8: Extract and Upload Required Files

1. **Unzip** the downloaded file.
2. Locate and **upload only** these JSON files to the website:

- `Your_facebook_activity\other_activity\time_spent_on_facebook.json`
- `Your_facebook_activity\comments_and_reactions\your_comment_active_days.json`
- `Logged_information\other_logged_information\facebook_reels_usage_information.json`
- `Logged_information\notifications\your_notifications_tab_activity.json`
- `Logged_information\other_logged_information\your_facebook_watch_activity_in_the_last_28_days.json`

Final Note

Make sure you **do not upload your entire ZIP file** — only the specified JSON files above. These files contain the necessary data for our analysis tool.

Thank You.