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How to Export WordPress to CSV, Excel, XML and Google Sheets

To export WordPress data to CSV, Excel, XML, or Google Sheets, go to **All Export › New Export** and select the type of data you want to export. Use the **Drag & Drop** interface to select your export columns, then run the export and download your file.

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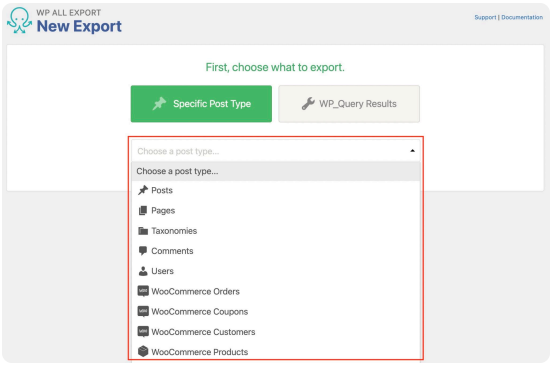
- Use PHP Code in Export
- Reuse Export Template on Multiple Exports

Step 1: Select a Post Type for Your WordPress Export

First, navigate to **All Export › New Export** and choose the type of data that you want to export.

WordPress separates data into different post types like posts, pages, WooCommerce products, real estate properties, etc. You can export any custom post type or taxonomy by selecting it here.



Once you've chosen a post type, click **Customize Export File** at the end to continue (not shown).

Step 2: Choose Your Export Columns

The fields available to export are listed on the right. Drag and drop individual fields from there to the column selection area, or click **Add All** to export everything.

All data is available for export, including media, images, categories and tags, custom fields, etc. Add-ons like WooCommerce, real estate plugins, Yoast, and ACF have custom data that can be exported, too.

Once you've selected your export fields, you can move them around to reorder them. Click to rename individual elements, combine multiple fields, and more.

When your export columns are the way you want them, click **Continue**.

Step 3: Confirm and Run Your Export

You can now configure your WordPress export settings. This includes the ability to schedule your export and set advanced options. We'll leave these settings alone for now. Instead, click **Confirm & Run Export** to run your export.

Step 4: Download Your Exported WordPress Data

After the export finishes, download the generated export file. At this point, you can choose to migrate this data to another WordPress website, edit it in Excel and import it back into WordPress, or send it to Dropbox, Google Sheets, Google Drive, email, and over 1000+ other external apps via Zapier.

You can review previous exports via **All Export › Manage Exports**.

Export WordPress Data to any CSV, XML, or Excel

Any theme or plugin

Images & galleries

Custom fields

Zapier integration

Woo, ACF, Meta Box, JetEngine

View Pricing

Product Tour

Export WordPress – Advanced Topics

Select a Different WordPress Export Type

To export WordPress data in a different format, expand the **Export Type** section in the **Drag & Drop** interface. Here are the available options:

- Spreadsheet
  - **CSV File**: creates a .CSV file.
  - **Excel File (XLS)**: creates a .XLS file.

    - **Excel File (XLSX)**: creates a .XLSX file.
- Feed
    - **Simple XML Feed**: creates a .XML file.
    - **Custom XML Feed** creates a .XML file.

When you export WooCommerce products, there will be another Feed option: **Google Merchant Center Product Feed**. That export type is specific to products and generates a .TXT file.

To export your data from WordPress to Google Sheets, you would use our Zapier integration. First, you would create the export as explained in this guide, and then you can proceed to connect Zapier with WP All Export to send your data from WordPress to Google Sheets. Learn more over at **Export from WordPress to Google Sheets using Zapier**.

Export WordPress Automatically with Scheduling

You can schedule your WordPress export using the following options:

- Cron jobs: this allows you to manually create cron jobs in your server (via cPanel, Plesk, or similar) and then run the export on a schedule. To learn more, see **Manual Scheduling**.
- Our Automatic Scheduling Service: this is an optional and monthly paid service that allows you to schedule exports directly from within our plugin's interface. See **Automatic Scheduling Service**.

The scheduling options can be defined by expanding the **Scheduling Options** section of the **Export Settings** screen (Step 3 above), or after the export has been created in **All Export › Manage Exports › Scheduling Options**.

Use PHP Code or Custom PHP Code when Exporting WordPress Data

In addition to exporting WordPress data easily, our software allows you to use PHP code or custom PHP code on the exported data.

This is useful for modifying your WordPress data on-the-fly while

exporting. You can learn more about this in our documentation, **How to Pass Exported WordPress Data Through PHP Functions**. This technique allows you to apply a function to a single export element.

If you need to pass more than one export element through a function, you can use custom export fields instead. See **Combine and Process Multiple Data Elements into a Custom Export Field** for more information.

Saving or Using a Saved Export Template

WP All Export provides full control over how you export your data. This means that there's also a way to save the existing export template and settings to apply to a different/new/future export process. To save an export template, do this:

1. While in Step 2 (as shown in this guide above), scroll all the way down and click to enable the **Save settings as a template** option.
2. Input a name as the **Template name**.

That's it! The template will be saved once you continue to the next step or save/update the template.

To load a saved template, do the following:

1. When in Step 2, scroll all the way down and locate the template section.
2. Select the desired export template from the **Load Template** drop-down list.
3. Once selected, the page will reload and apply all import mappings and settings.

Keep in mind that templates only work for the same post type in which they were originally created. You can manage saved export templates via **All Export › Settings › Import/Export Templates**.

Export WordPress – Frequently Asked Questions

What is a CSV File in WordPress?

"CSV" means "comma-separated value." A CSV file is a text file that contains multiple rows of data, with each row consisting of one or more columns. The columns are typically separated by a comma or some other character, while the rows are separated by one or more special characters.

How Do I Export WordPress Data to a CSV File?

Just follow the steps in this guide, as CSV is the default file format. If you want to change the file format, this is done in the **Export Type** section of the **Drag & Drop** screen. Other options include XML, Excel and Google Sheets.

How Do I Export a Post From WordPress?

1. Navigate to **All Import > New Export**.
2. Select **Posts** as the export type.
3. Filter the posts in the **Add Filtering Options** section.
4. Choose your export columns.
5. Run the export and download the exported data.

For more information, see **How to Export WordPress Posts**.

How Do I Export a Page From WordPress?

1. Go to **All Import > New Export**.
2. Choose **Pages** as the export type.
3. Filter the pages in the **Add Filtering Options** section.
4. Select your export columns.
5. Complete the export and download the export file.

To learn more, see **How to Export WordPress Pages**.

Can I Export WordPress Users?

Yes. All you have to do in our plugin is change the export type to **Users**. Otherwise, the basic export process is the same. The only unusual factor with exporting WordPress users is that user password values are hashed, so they're not readable by humans.

See **How to Export WordPress Users to CSV, Excel, or XML** for additional details.

How Do I Export All Content From WordPress?

WordPress has a built-in export tool that lets you export all your posts,

pages, comments, custom fields, terms, navigation menus, and custom posts. The problem with this tool is that it uses a brute-force method with no control over any aspect of the process.

WP All Export takes the opposite approach, allowing you to control every aspect of your WordPress records, including the use of advanced filters, column selection, and even programmatic manipulation of export data on the fly.

How Do I Export WordPress Media?

You cannot export the media library out of the box. To export media from your WordPress site, you need to export the post type or custom post type associated with the media that you wish to export.

For example, if you have multiple images attached to posts, you need to export the WordPress posts to obtain those images.

However, there's a workaround that allows using a WP_Query export (**see documentation**) to generate an export file with all of the media that

exists on your site. Here's the query that you can use:

```
'post_type' => 'attachment',
'post_status' => 'inherit'
```

How Do I Import Data into WordPress?

1. Go to **All Import > New Import**.
2. Choose how you want to load your data (i.e., upload a file, use a URL, etc.).
3. Select your import file and your import target (i.e., **Posts, Pages, etc.**).
4. Map incoming data elements to your WordPress fields.
5. Run the import.

For more information, see **Importing CSV, XML, Excel, and Google Sheets into WordPress**.

How Do I Export and Import a WordPress Site?

1. Export all of your desired data.
2. Download the generated bundle files for each post type that you exported.
3. Import each bundle file on the destination site.
4. Verify that your data was successfully migrated.

This process is explained in more detail in our **Migration overview**.

Export WordPress – Related Docs

Import Any CSV/XML to WordPress

Learn how to import any CSV or XML file to WordPress.

Migrate From One WordPress Site to Another

Describes how to migrate data between sites.

Bulk Edit WordPress Data

Shows you how to bulk edit your WordPress data.

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ACF	ACF
Meta Box	Meta Box
JetEngine	JetEngine

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Users

Gravity Forms

Users

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Woo

ACF

Meta Box

JetEngine

Gravity Forms

Users

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Woo	Woo
ACF	ACF
Meta Box	Meta Box
JetEngine	JetEngine
Gravity Forms	Gravity Forms
Users	Users

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