

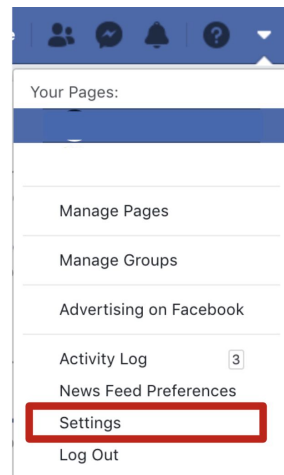
How to download your Facebook Information

Supported Platforms:

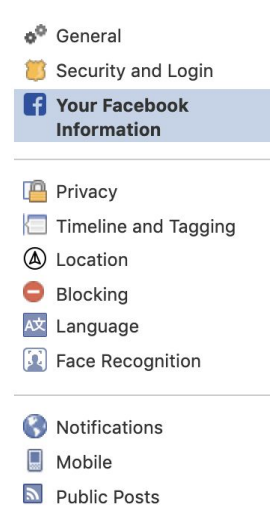
- OSX
- Linux 64 bit
- Windows 64 bit

Before opening the app on your device, proceed with the following steps in advance:

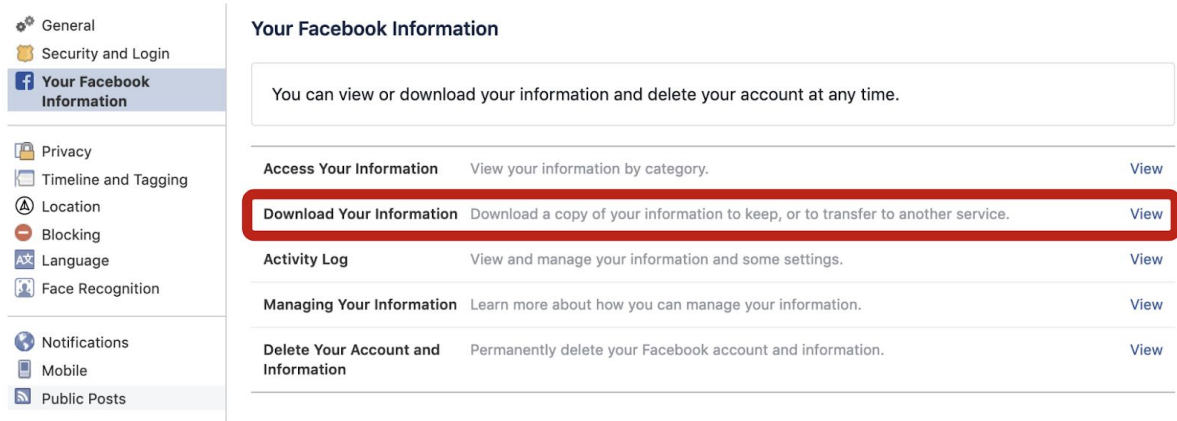
- 1) Go to [Facebook](#) and sign in.
- 2) Select the down arrow tab beside the question mark in your dashboard, and click “Settings.”



- 3) Select “Your Facebook information” from the options on the left pane.

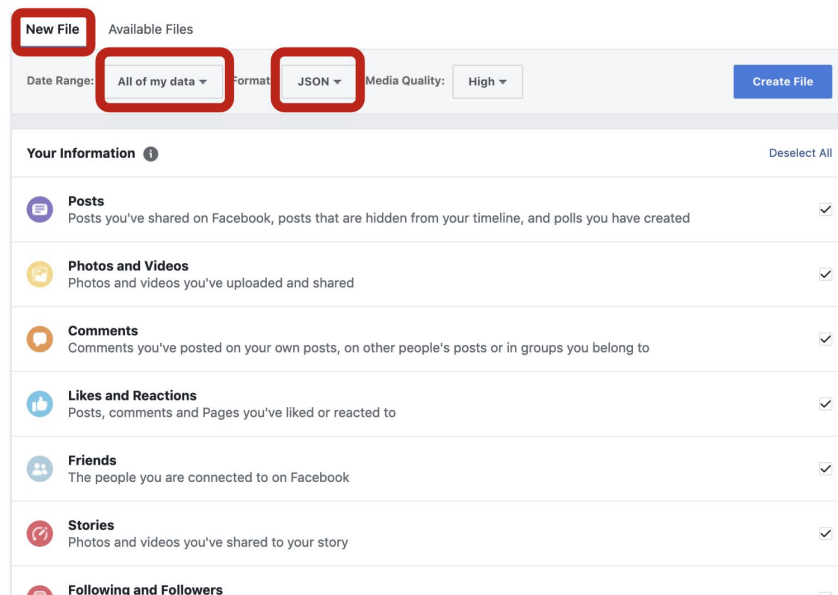


4) Select “Download Your Information”.



5) Make sure you select “New File”, and the followings:

- a) Date Range: all of your data
- b) Format: JSON
- c) Quality of media: Medium (choose Low if you would like your information faster)



6) Select the “Create File” button. A notification will be displayed stating the file has started building.

1

Your file is being created.

We'll let you know when it's complete, so you can download it to your preferred device. You can [cancel this process](#) before the file is complete.

- 7) In a few minutes, you will receive a notification on Facebook that it is ready to download a zip folder.
- 8) Select the "Download" button to download the folder to your device.

New File

Available Files 1

Profile Information, Posts, Likes and Reactions and more (548 MB)
Created Mar 12 at 11:05 AM
[Show more](#)

Download

Delete

- 9) Once you have downloaded the zip folder, unzip it.
 - a) If using MacOS, double click the file in Finder.
 - b) If using Windows, right click on it and select "Extract All", and then follow the instructions.
- 10) Now that you have a new folder named "facebook-<YOUR_USERNAME>".
- 11) Congratulations! You have a very valuable file so keep it safe!