Pros:

* Helps preserve versioning, so you’re not getting a final final final excel sheet
* Obviously, easier version control
* While probably a little tricky for beginners, Git has more features and customization than google sheets

Cons:

* Since they are uploaded as a generic binary, you need an addon to allow you to use git diff (xltrail)
* Excel sheets commonly use a *lot* of storage, so this can be a concern if you have a free account

Sources:

* <https://www.xltrail.com/blog/how-to-manage-and-release-excel-files-on-github-part1>
* <http://dailydoseofexcel.com/archives/2018/05/02/excel-version-control-with-git/>
* <https://wiki.ucl.ac.uk/display/~ucftpw2/2013/10/18/Using+git+for+version+control+of+spreadsheet+models+-+part+1+of+3>