Checkpoints are a great way to save model weights during training, but they fall short when it comes to sharing a trained model. In data science, trained models are published in scientific papers, deployed in software, open-sourced on GitHub, not to mention passed along to colleagues. In these cases, it is not practical to pass along only model weights, which can cause frustration and confusion. Instead, we can use the Keras Sequential model's save method to export the entire model (weights, structure, and configuration settings) to an Hierarchical Data Format ([HDF5](https://en.wikipedia.org/wiki/Hierarchical_Data_Format) file. Once saved, anyone can import the exact same trained model to their environment by using the Keras load\_model method and use it for analysis.

**NOTE**

Even though we can save full neural network and deep learning models using Keras checkpoints, each full model file is almost ten times the size of a weight-only file. For those with limited hard drive space, saving full models using checkpoints is not feasible.