#### Step by Step Guide – Downloading Instagram DDP Mobile Phone

Before beginning the download process, please ensure:

- You have adequate storage on your device to download the package
- You know your Instagram password

# Step 1 – Open Instagram profile

Select the icon in the bottom right corner

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data_donati	on_67	8~	$\oplus$	≡	
Data_donation_678	<b>2</b> Posts	2 Followers	<b>2</b> Followi	ng	
Edit profile		Share prof	ile	+1	
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Step 2 – Open 'Your Activity'

Select the three lines in the top right corner of the profile page, and then select 'Your Activity'

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data_donation_678 - 🕀 😑	data_donation_678 $\sim$ $\oplus$ $\equiv$
2 2 2 2 Posts Followers Following Data_donation_678	2 2 2 Posts Followers Following Data_donation_678
Edit profile Share profile +	Settings and privacy Threads
	Vour activity
	G QR code
	오 Supervision
	Close Friends
ç Q ⊕ € ◯	☆ Favorites

# Step 3 – Select 'Download your Information'

Scroll to the bottom of 'your activity' page, and select 'Download your information'

14:	11 .ul 중	•
<	Your activity	
	One place to manage your	
	activity	
	View and manage your interactions, content and account activity. Learn more	
Intera	ctions	
$\heartsuit$	Likes	>
Q	Comments	>
	Tags	>
(;) ;	Sticker responses	>
۲	Reviews	>
Remo	ved and archived content	
Û	Recently deleted	>
3	Archived	>
Conte	ent you shared	
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<	Your activity	
Con	ent vou shared	
⊞	Posts	>
•	Reels	>
۲	Highlights	>
Sug	gested content	
X	Not interested	>
€	Interested	>
How	you use Instagram	
0	Time spent	>
<b>.</b>	Account history	>
Q	Recent searches	>
Ð	Links you've visited	>
Info	mation you shared with Instagram	
⇔	Transfer your information	>
<u>+</u>	Download your information	>
		$\mathbf{N}$

# Step 4 – Select 'Request a Download'

This will open a page with some information and a button saying 'Request a download'. Select 'Request a download'

14:13		.∥ ≎ ■	)·
×	风 Meta		
Downlo	ad your inform	mation	
You can requ time.	uest a copy of your inf	ormation at any	
When your f your informa files is a pas have access	ile is ready you'll have ation from this page. D sword-protected proc to.	4 days to download Downloading your ess that only you	F
$\langle$	Request a downlo	bad	
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# Step 5 – Select 'Complete copy'

This will provide you with two option – 'complete copy' and 'selected types of information'. We advise that you select 'complete copy', and use our data donation software to filter out the information you want to donate as this can then be better visualised.

14:14	<b>?</b> •
<	
Select information	
You can download a complete copy or select th types of information to include in your file. If yo download includes multiple profiles you can sel the types of information for each profile.	e ur ect
<b>Complete copy</b> Your file will include a complete copy of the information available for your selected accounts. May take longer to download	
Select types of information Your file will include the information you choose for your selected profiles. For example, you can download just your photos or messages.	>

# Step 6 – Select Format 'JSON'

This will open a page where you can select file options. Please select 'format' to change the default 'HTML' to 'JSON'.

elect file options		S	elect file	options		
u can set a date range for the information t cluded in your download. You can also choo rmat and quality of the file.	hat's se the	Yo inc for	ou can set a da cluded in your rmat and qual	te range for the download. You tv of the file.	information t can also choo	hat's se the
hen your download is ready, we'll send you a tification. For security, you'll only have 4 da wnload your file.	a ays to	×	ormat			
data_donation_678 Instagram			<b>HTML</b> This format al data offline or	lows you to eas	ily view your	0
Notify ameliacraggs966@gmail.com	>		<b>JSON</b> This format al	lows you to eas	ily import you	r 💿
Format HTML	>		data into anot	her site.	,	$\langle \rangle$
<b>Media quality</b> Medium	>					
<b>Date range</b> Last year	>					
Submit request						

#### Step 7 – Select custom date range

Select 'date range' and then select 'custom'. Place the start date as the first day you used the daily diary app, and the end date as the final day you used the daily diary app. This should be approximately 2 weeks. Save this custom date range.

16:19	14:34
<	<
Select file options	Custom date range
You can set a date range for the information that's included in your download. You can also choose the format and quality of the file.	Oct 17, 2022 Start date
When your download is ready, we'll send you a notification. For security, you'll only have 4 days to download your file.	Oct 17, 2023 End date
data_donation_678 Instagram	
Notify > ameliacraggs966@gmail.com	
Format >	
Media quality >	
Date range >	
Submit request	
This file may contain private information. You should keep it secure and take precautions when storing it, sending it or uploading it to another service.	Save

#### Step 8 – Submit Request

Check that the information is correct as shown in the example below (JSON, custom date range). Select the submit request button, which will then show as a 'pending download'. You should receive an email saying that your data request is being processed.

14:36	"" \$ •
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Select file options	
You can set a date range for the informat included in your download. You can also c format and quality of the file.	ion that's choose the
When your download is ready, we'll send notification. For security, you'll only have download your file.	you a 4 days to
data_donation_678 Instagram	
Notify ameliacraggs966@gmail.com	>
<b>Format</b> JSON	>
<b>Media quality</b> Medium	>
<b>Date range</b> Oct 3, 2023 - Oct 17, 2023	>
Submit request	
This file may contain private information. You sl secure and take precautions when storing it, se uploading it to another service.	hould keep it nding it or

#### Step 9 – Wait for download to process

In our experience, this takes a few minutes. You are welcome to exit the Instagram app while the data request processes. You will receive an email when your data download is ready. If you do not have email notifications on your phone, we would recommend setting a 15-minute timer to check back in.

## Step 10 – Download your Digital Data Package

Once your data is ready, it will present with two options 'download' and 'delete'. Select 'download' and enter your Instagram password. **Once you have downloaded** this from the Instagram app, please select 'delete'.

14:42			14:43	<b>11</b>
×	🕫 Meta		×	
Downl	oad your informatio	on		
You can re	quest a copy of your informatio	on at any		
When your your inforr files is a pa have acces	file is ready you'll have 4 days nation from this page. Downloa issword-protected process that is to.	to download ading your t only you	For your security, pleassword to continue	ase re-enter your
	Request a download		Password	<b>Ø</b>
Available We recomm for the best	downloads end downloading your files on a des viewing experience. Requested Oct 17, 2023	ktop device	Co	pontinue
	lata_donation_678 nstagram I MB Expires on Oct 21, 2023			
	Download Dele	ete		

## Step 11 – Locate the storage on your device

This will typically download to 'files' which is built into most smartphones. Locate this application and check your 'recent' folder. The data download package will likely save as **'Instagram-\*username\*-\*date\*'** 

