

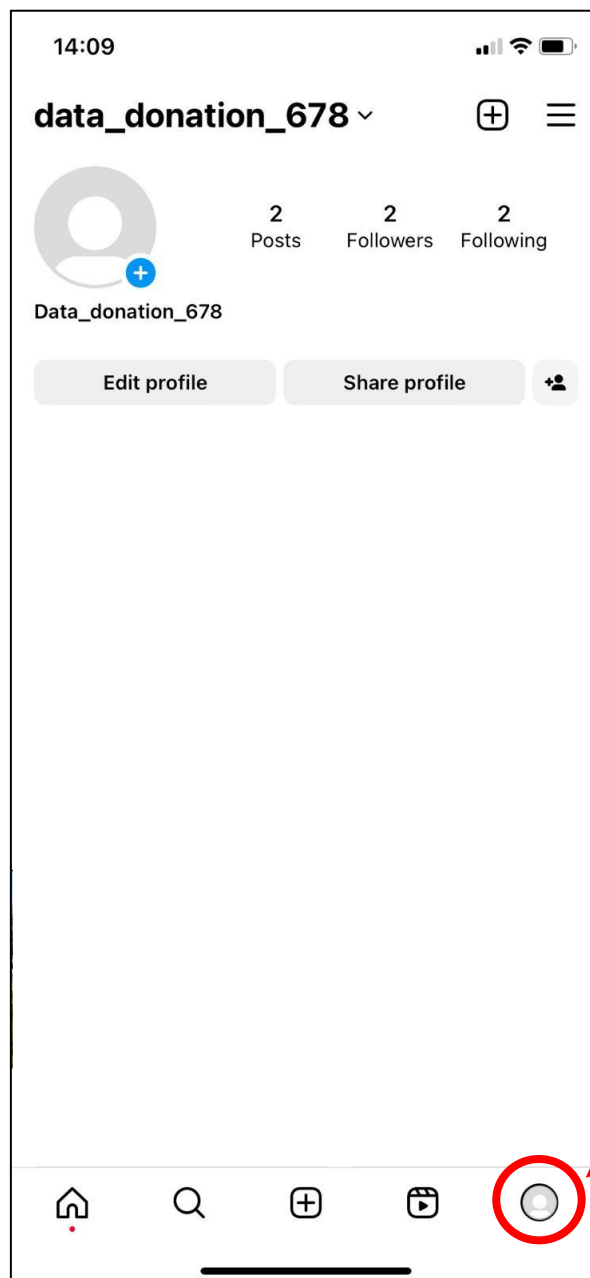
Step by Step Guide – Downloading Instagram DDP Mobile Phone

Before beginning the download process, please ensure:

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

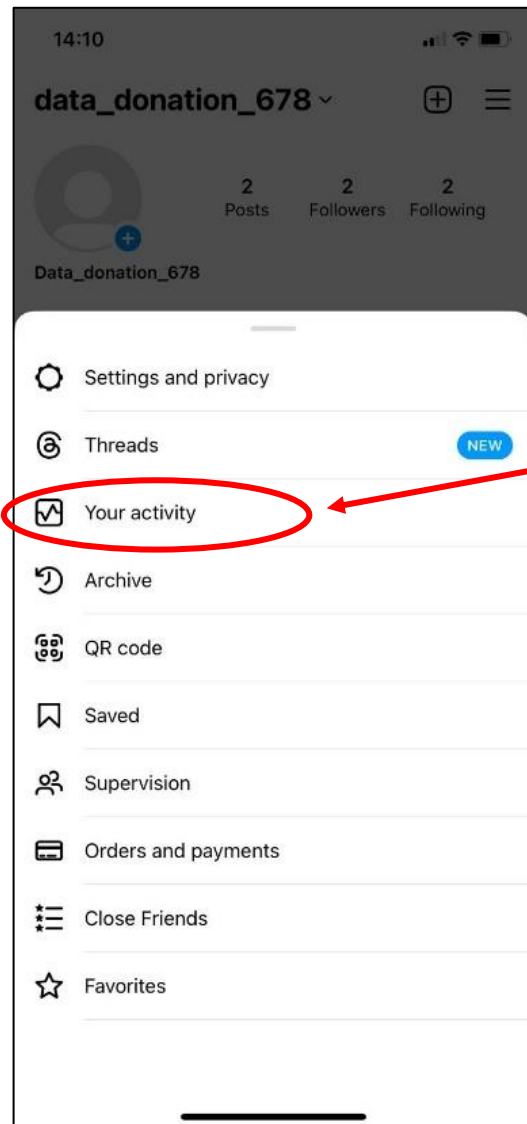
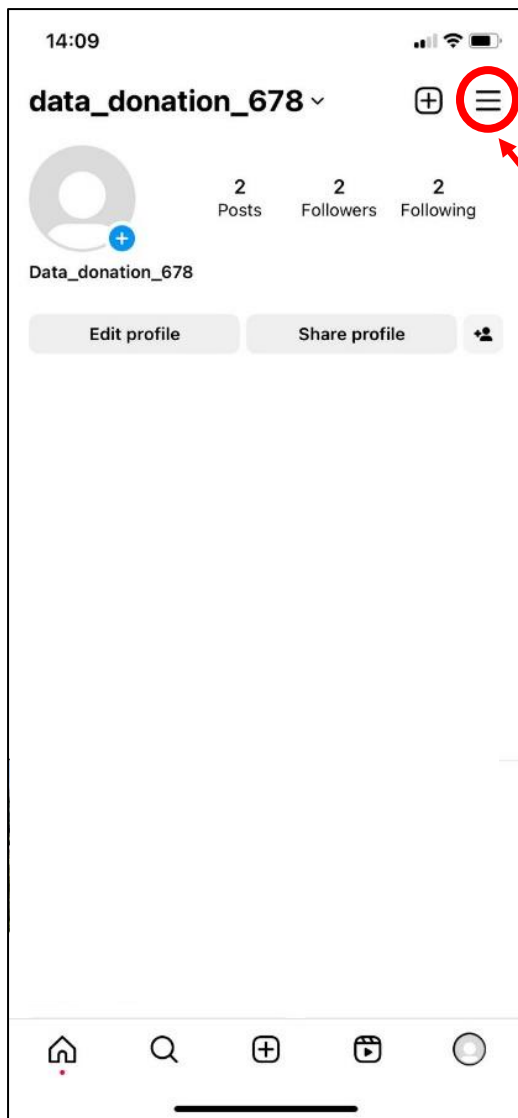
Step 1 – Open Instagram profile

Select the icon in the bottom right corner



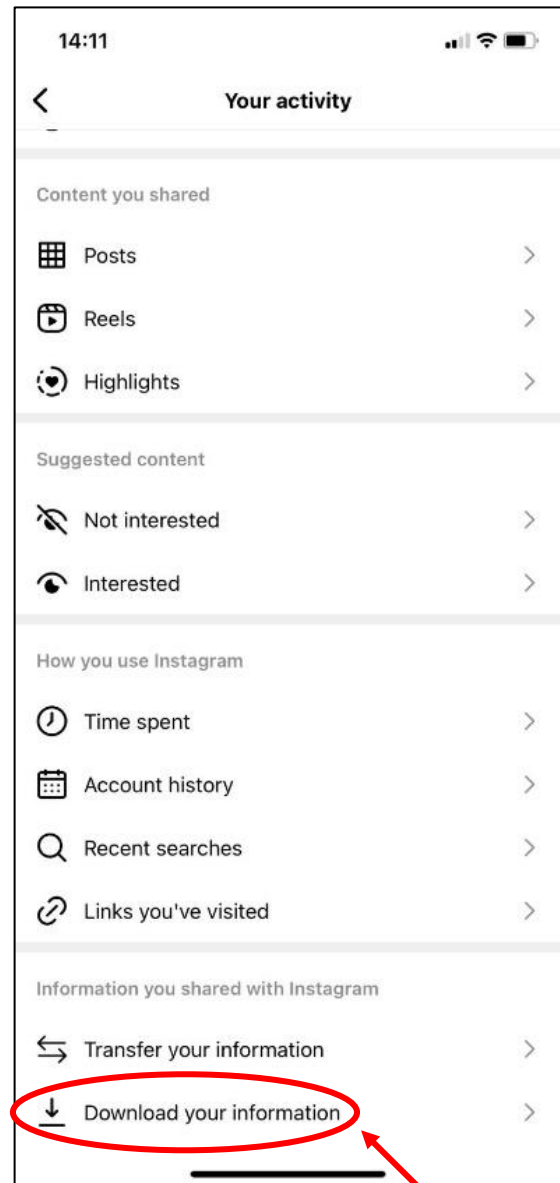
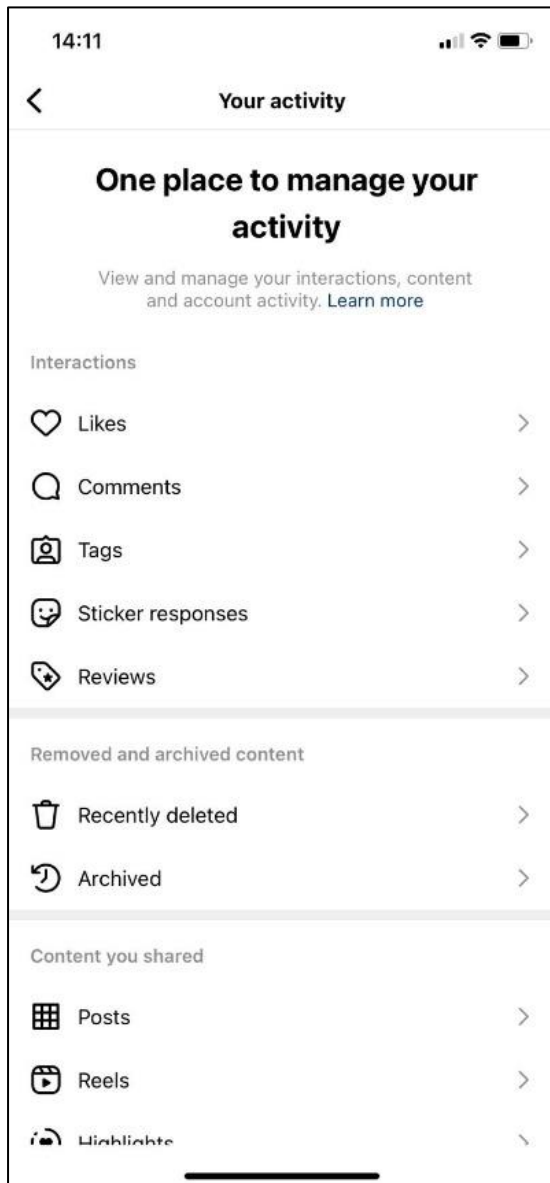
Step 2 – Open 'Your Activity'

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



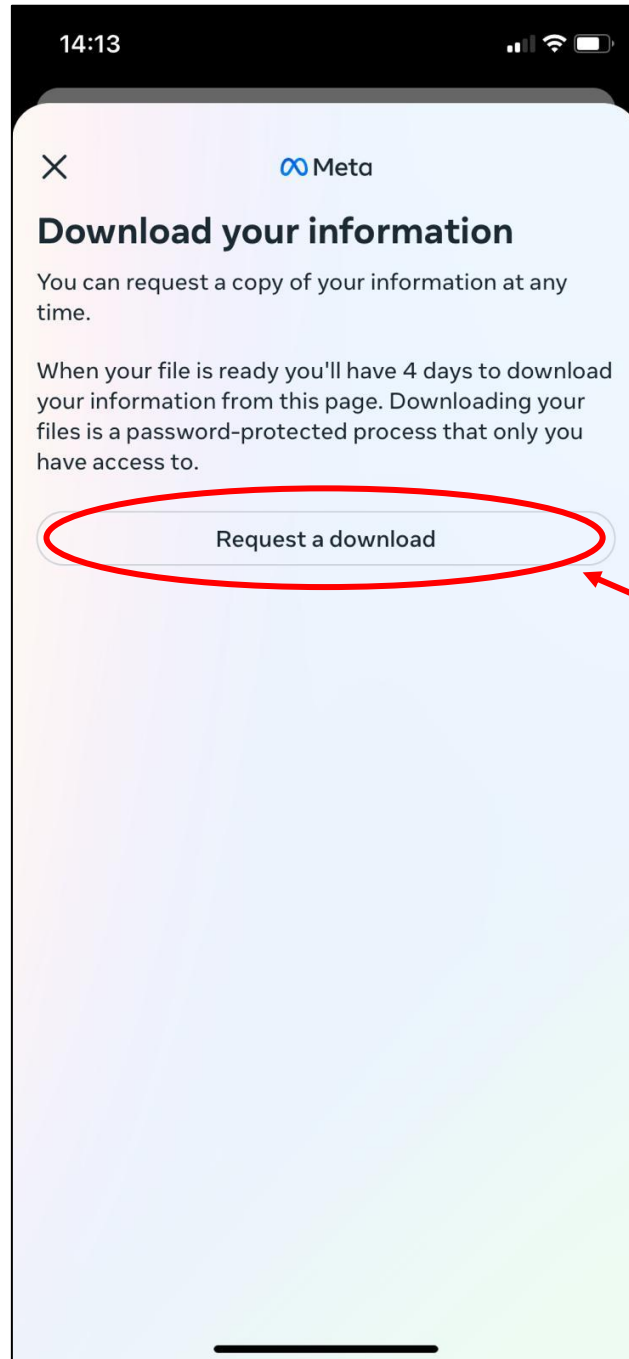
Step 3 – Select ‘Download your Information’

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



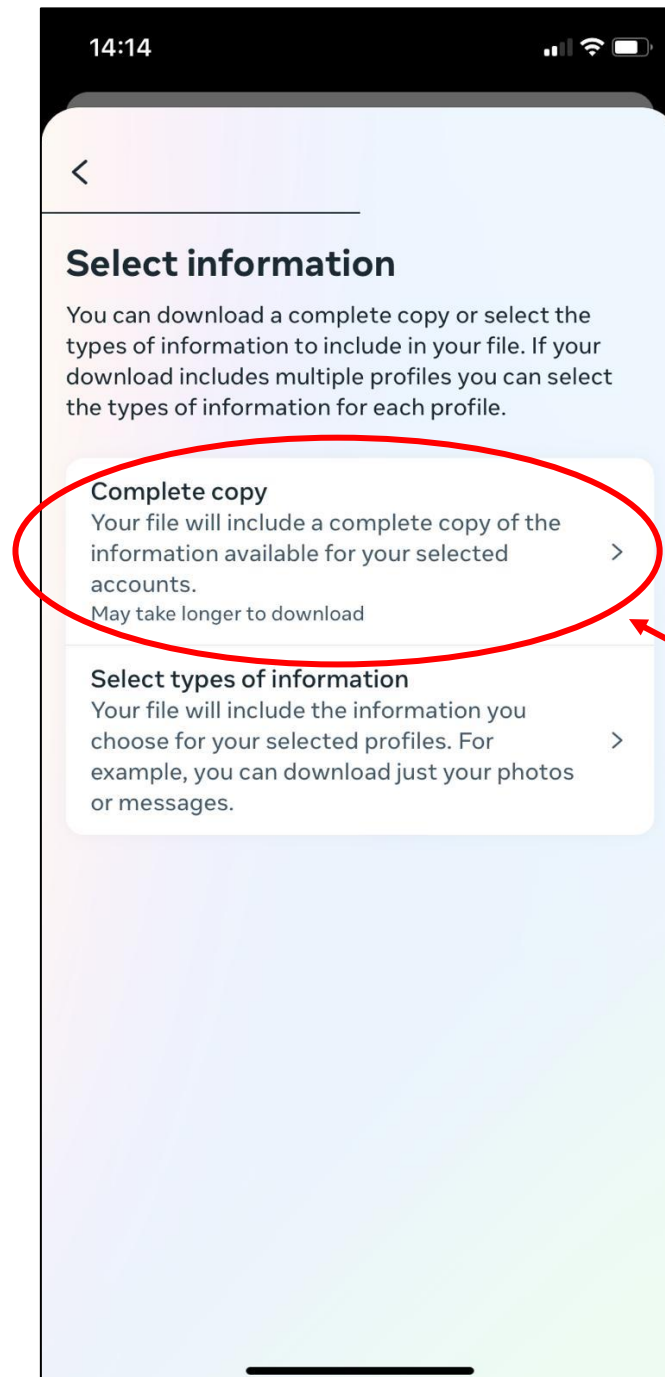
Step 4 – Select ‘Request a Download’

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



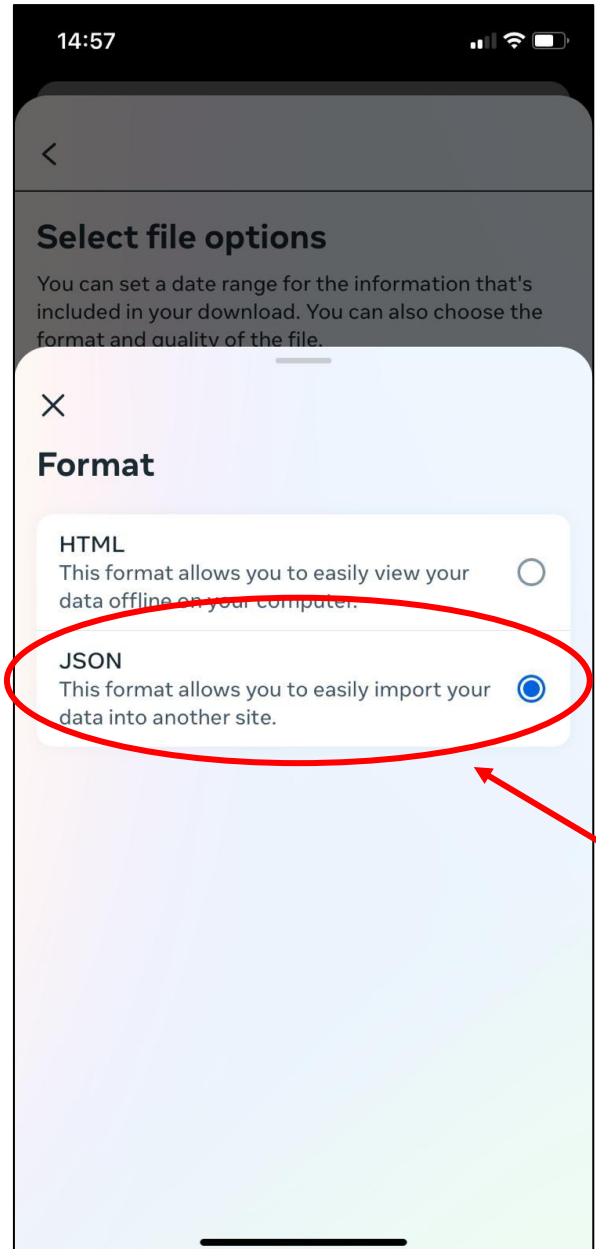
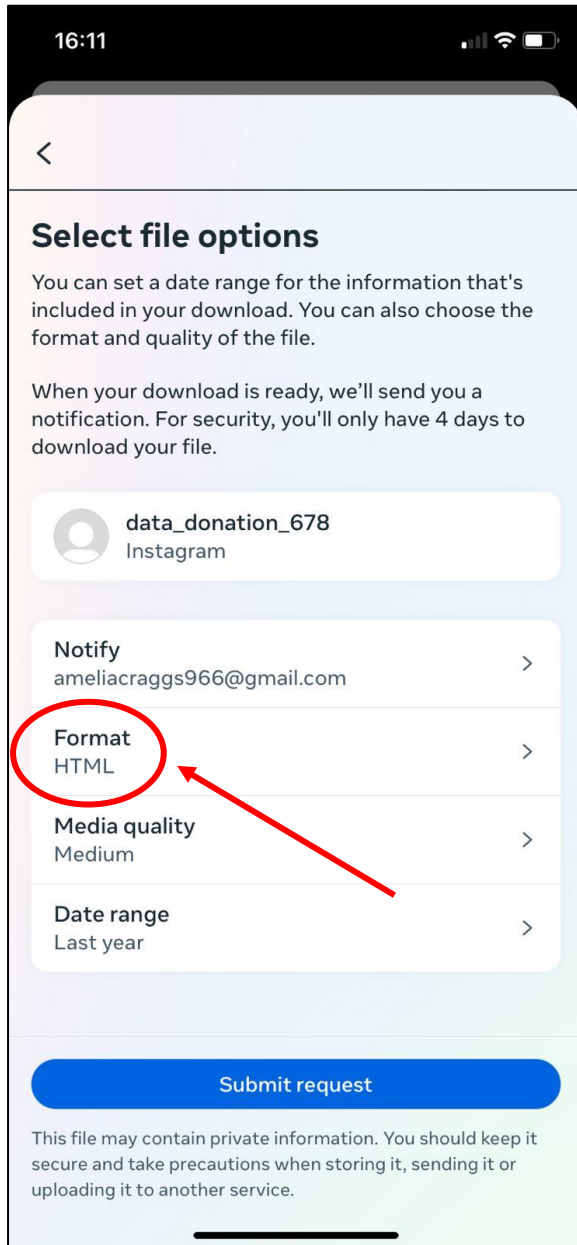
Step 5 – Select ‘Complete copy’

This will provide you with two options – ‘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.



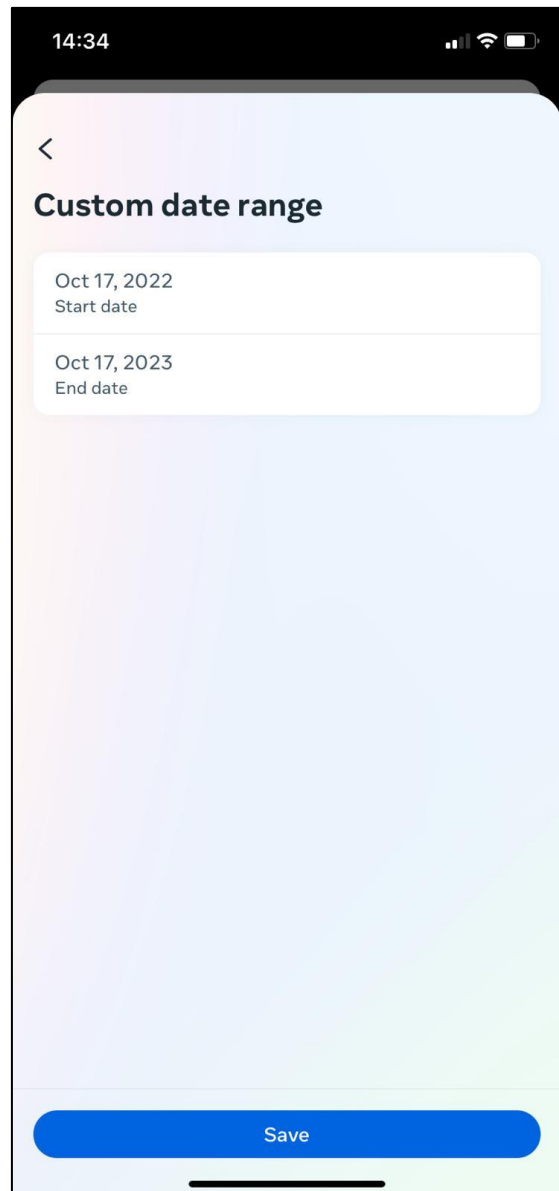
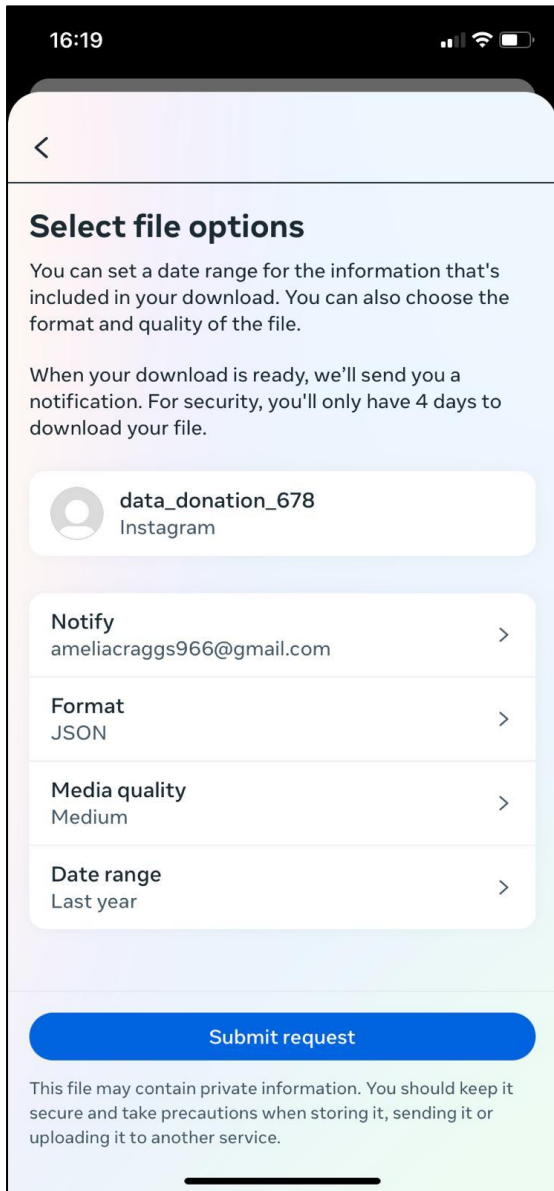
Step 6 – Select Format 'JSON'

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



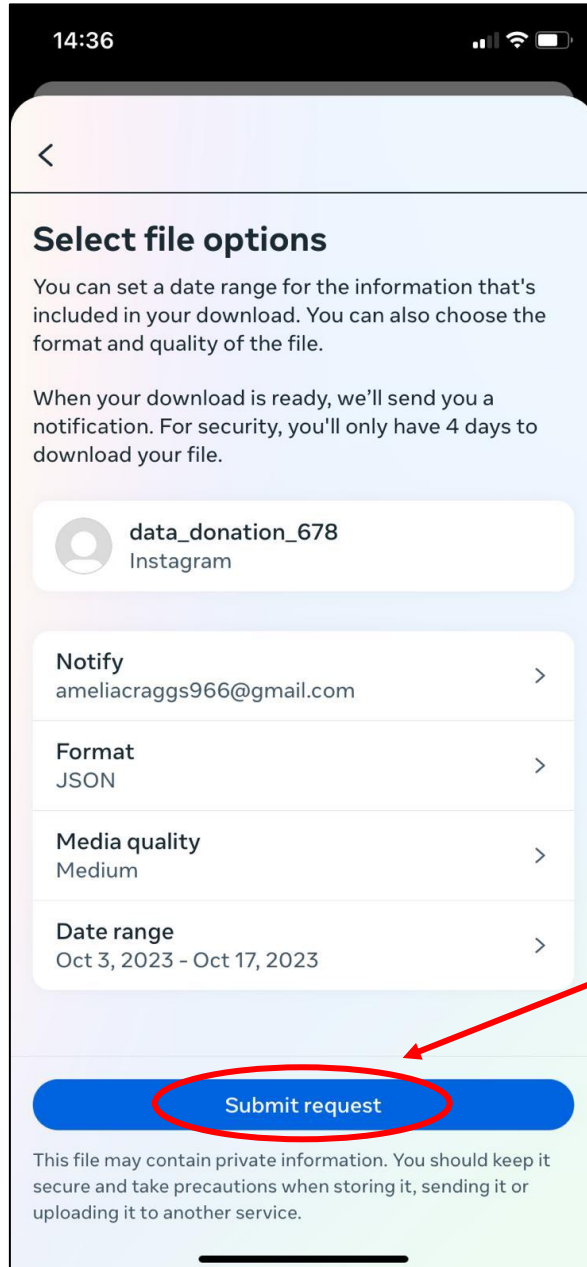
Step 7 – Select custom date range

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.



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.

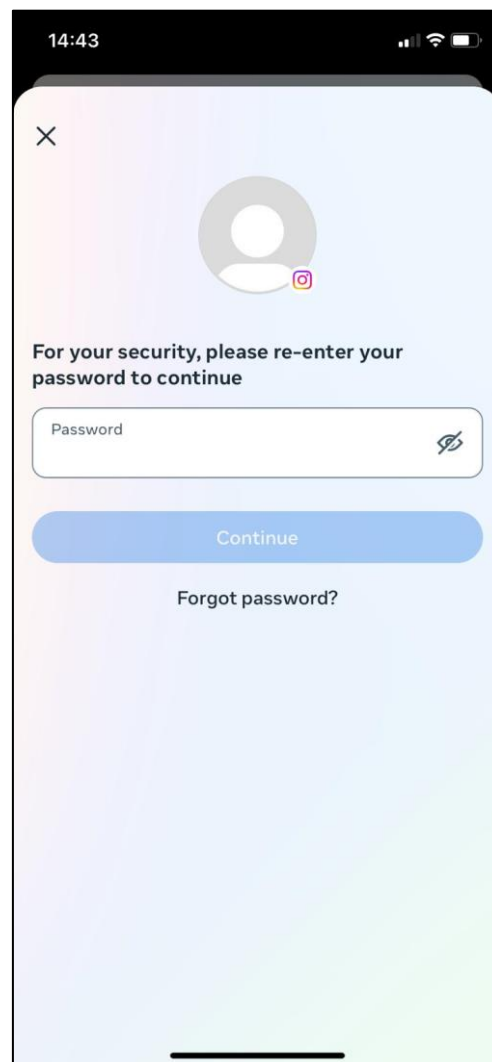
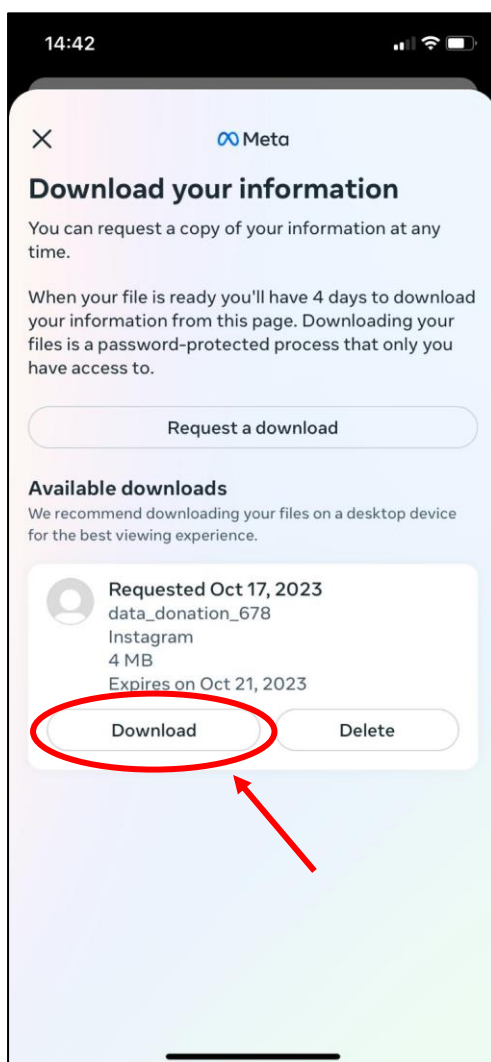


Step 9 – Wait for download to process

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’.



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*'**

