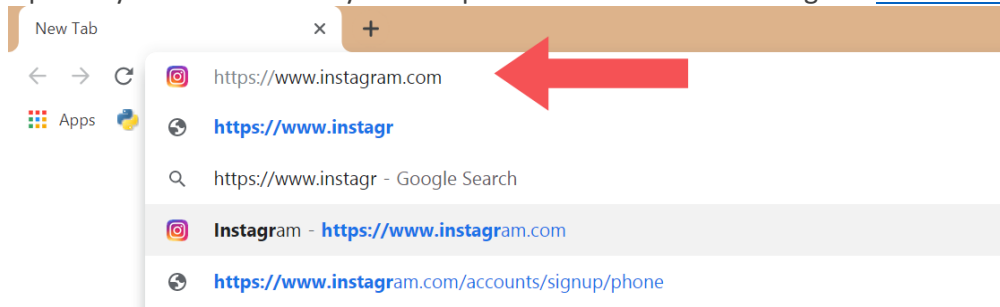
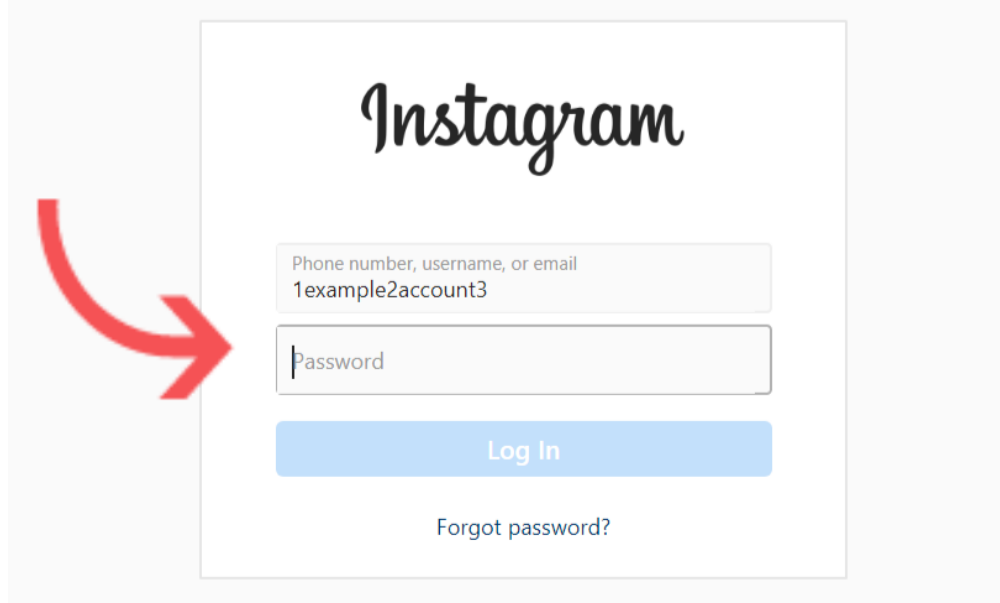


Instructions for Downloading Instagram Data

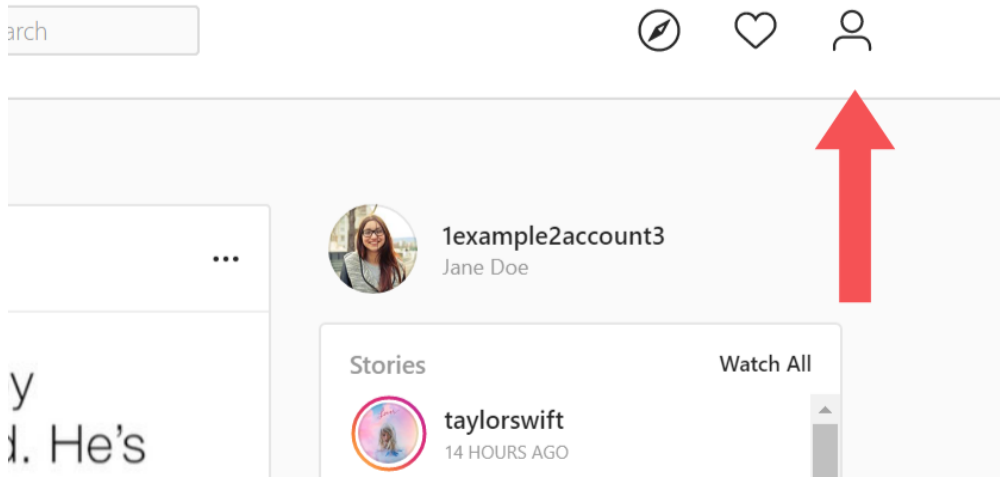
1. Open any web browser on your computer or mobile device and go to www.instagram.com.



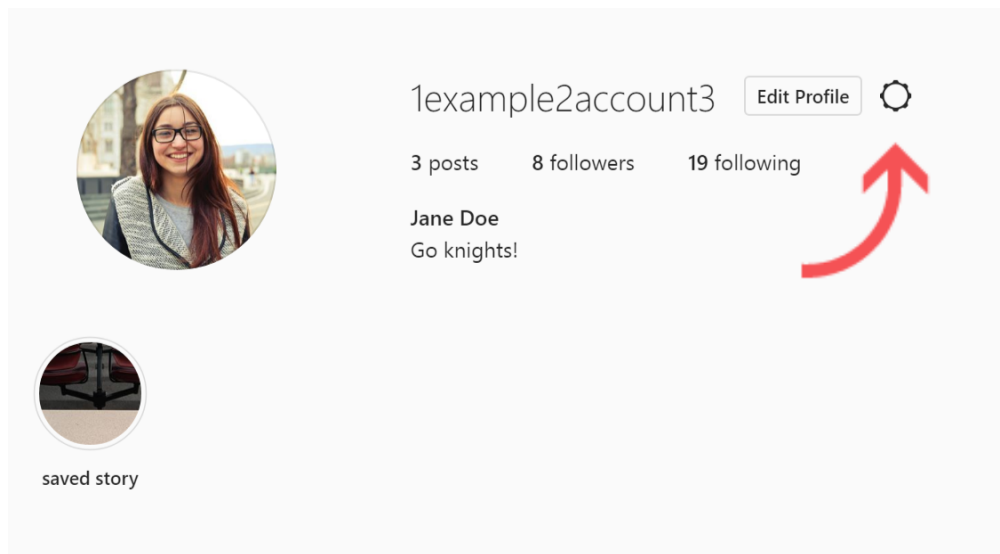
2. If you are not already logged in, enter your username and password and click **Log In**.



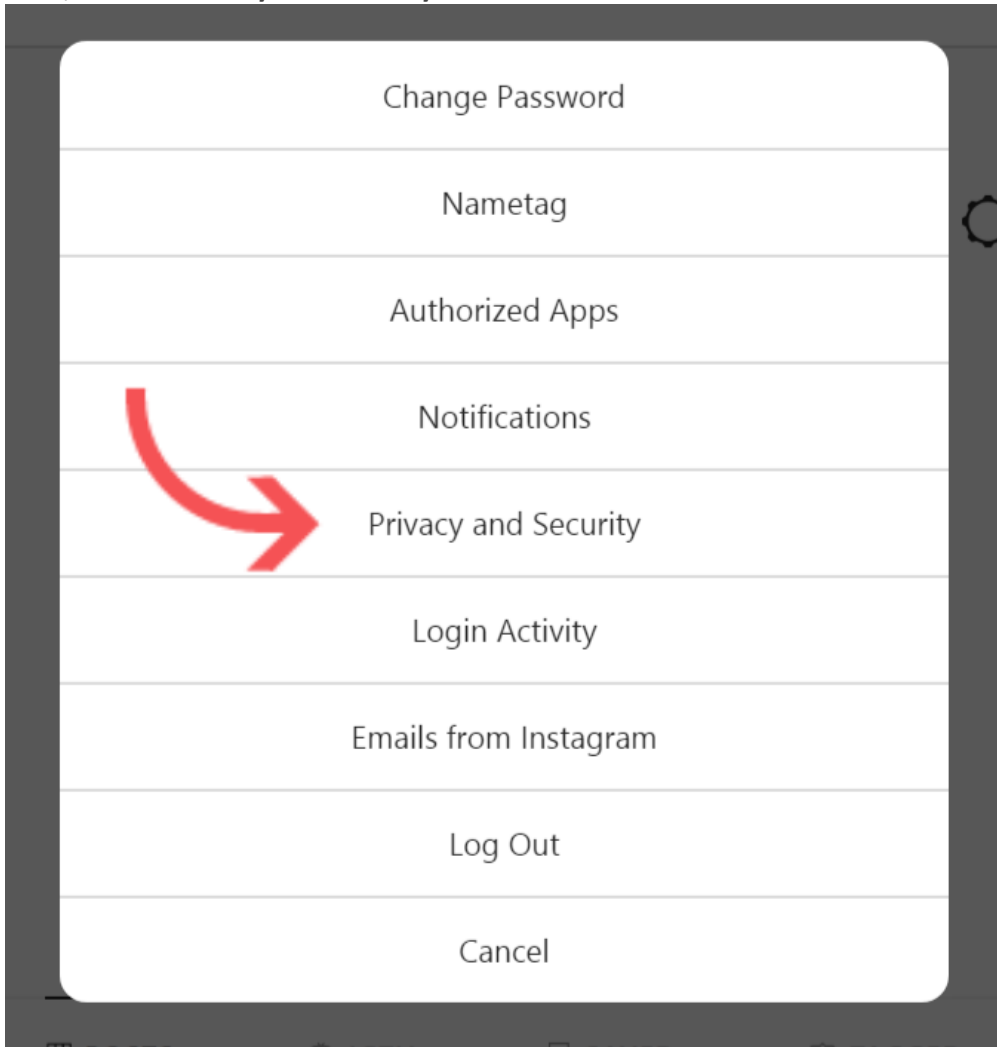
3. In the top right corner, click the **Profile** icon.



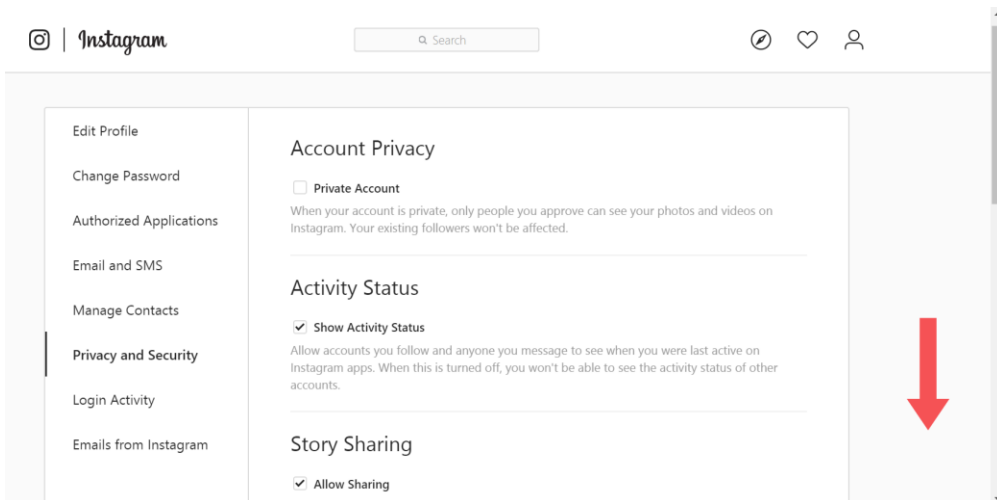
4. On your profile, click the **Settings** button.



5. Next, click on **Privacy and Security**.



6. Scroll down the screen to the **Data Download** section.



7. Click on **Request Download**.

Account Data

[View Account Data](#)

Two-Factor Authentication

[Edit Two-Factor Authentication Setting](#)

Data Download



[Request Download](#)

Privacy and Security Help

[Support](#)

- Type in your email address, select "JSON" for Information Format, and tap **Next** to request for data.

Get a Copy of Your Information

We'll email you a link to a file with your information. You can receive it in HTML, which may be easier to view, or JSON, which may be easier to import to another service.

Information Format

HTML

JSON

Next

- Enter your Instagram password and tap "**Request Download**".

Enter Your Instagram Password

Request Download

Forgot your password? [Get help](#)