



Download Your Data File

How to Download Your Data File from Twitter

1. Log in to your Twitter account.
2. Click on your profile picture at the top right corner and select "Settings and Support" then "Settings and privacy".
3. Click on "Your account" and scroll down to "Download an archive of your data".
4. Click on "Request archive" and wait for Twitter to send you an email.
5. Follow the link in the email to download your Twitter archive as a .zip file.

How to Download Your Data File from Instagram (Web only)

1. Log in to your Instagram account on the web. (Mobile access will not permit this download)
2. Click on your profile picture at the bottom right corner and select "Settings" the gear icon next to your profile picture..
3. Select "Privacy and Security" and click on "Request Download".
4. Enter the email associated with your Instagram account and click "Request download".
5. Select JSON
6. Follow the link in the email to download your Instagram data as a .zip file.

How to Download Your Data File from Amazon

1. Log in to your Amazon account.
2. Click on the 3 stacked lines on the bottom right
3. Click on "Account" at the top right corner and select "Request Your Information".
4. Select "Request All Your Data" and Submit Request
5. You will receive an email with the required information.

How to Download Your Data File from Facebook

1. Log in to your Facebook account.
2. Click your profile picture then select the gear icon
3. Select Profile settings
4. Click on "Download Profile Information" and select "Request a download"
5. Select the profiles you would like to use
6. Select Types of Information you will need to select everything apart from "Security and Login Information"
7. Update to the appropriate email address to notify
8. Update the format to JSON
9. Select All Time for Data Range
10. Submit Request

Once these data files are downloaded, please upload the files to the Rooa website.

Please use the links below for reference

Twitter - <https://help.twitter.com/en/managing-your-account/how-to-download-your-twitter-archive>

Instagram - <https://help.instagram.com/181231772500920>

Amazon - <https://www.amazon.com/gp/help/customer/display.html?nodeId=GXPU3YPMBZQRWZK2>

Facebook - <https://m.facebook.com/help/212802592074644>