

- Creating an Account
- Friending
- Your Home Page
- Messaging
- Photos
- Videos
- Pages
- Groups
- Events
- Payments
- Apps
- Facebook Mobile and Desktop
- Apps
- Accessibility

Accessing Your Facebook Data

Where can I find my Facebook data?

- **Your Facebook Account:** Most of your data is available to you simply by logging into your account. For example, your Timeline contains posts you have shared on Facebook, along with comments and other interactions from people. Additionally, you can find your message and chat conversations by going to your inbox, or photos and videos you have added or been tagged in by going to those sections of your Timeline.
- **Activity Log:** Within your account, your activity log is a history of your activity on Facebook, from posts you have commented on or liked, to apps you have used, to anything you have searched for. [Learn more.](#)
- **Download Your Info:** This includes a lot of the same information available to you in your account and activity log, including your Timeline info, posts you have shared, messages, photos and more. Additionally, it includes information that is not available simply by logging into your account, like the ads you have clicked on, data like the IP addresses that are logged when you log into or out of Facebook, and more. To download your information, go to your [Settings](#) and click **Download a copy of your Facebook data.** [Learn more.](#)

What categories of my Facebook data are available to me?

These are the categories of Facebook data that are available to you either in your activity log or your downloaded data, or in both places. We have provided a short explanation of what each data category is and where you can find it. We store different categories of data for different time periods, so you may not find all of your data since you joined Facebook. You will not find information or content that you have deleted because this is deleted from Facebook servers.

Remember, most of your Facebook data is available to you simply by logging into your account (ex: all of your messages and chats are available in your inbox.) Also note that the categories of data that we receive, collect, and save may change over time. When this happens, this list will be updated.

What info is available?	What is it?	Where can I find it?
About Me	Information you added to the About section of your Timeline like relationships, work, education, where you live and more. It includes any updates or changes you made in the past and what is currently in the About section of your Timeline.	Activity Log Downloaded Info
Account Status History	The dates when your account was reactivated, deactivated,	Downloaded Info

	disabled or deleted.	
Active Sessions	All stored active sessions, including date, time, device, IP address, machine cookie and browser information.	Downloaded Info
Ads Clicked	Dates, times and titles of ads clicked (limited retention period).	Downloaded Info
Address	Your current address or any past addresses you had on your account.	Downloaded Info
Ad Topics	A list of topics that you may be targeted against based on your stated likes, interests and other data you put in your Timeline.	Downloaded Info
Alternate Name	Any alternate names you have on your account (ex: a maiden name or a nickname).	Downloaded Info
Apps	All of the apps you have added.	Downloaded Info
Birthday Visibility	How your birthday appears on your Timeline.	Downloaded Info
Chat	A history of the conversations you've had on Facebook Chat (a complete history is available directly from your messages inbox).	Downloaded Info
Check-ins	The places you've checked into.	Activity Log Downloaded Info
Connections	The people who have liked your Page or Place, RSVPed to your event, installed your app or checked in to your advertised place within 24 hours of viewing or clicking on an ad or Sponsored Story.	Activity Log
Credit Cards	If you make purchases on Facebook (ex: in apps) and have given Facebook your credit card number.	Account Settings
Currency	Your preferred currency on Facebook. If you use Facebook Payments, this will be used to display prices and charge your credit cards.	Downloaded Info
Current City	The city you added to the About section of your Timeline.	Downloaded Info
Date of Birth	The date you added to Birthday in the About section of your Timeline.	Downloaded Info
Deleted Friends	People you've removed as friends.	Downloaded Info
Education	Any information you added to Education field in the About section of your Timeline.	Downloaded Info
Emails	Email addresses added to your account (even those you may have removed).	Downloaded Info
Events	Events you've joined or been invited to.	Activity Log Downloaded Info
Facial Recognition Data	A unique number based on a comparison of the photos you're tagged in. We use this data to help others tag you in photos.	Downloaded Info
Family	Friends you've indicated are family members.	Downloaded Info
Favorite Quotes	Information you've added to the Favorite Quotes section of the About section of your Timeline.	Downloaded Info

Followers	A list of people who follow you.	Downloaded Info
Following	A list of people you follow.	Activity Log
Friend Requests	Pending sent and received friend requests.	Downloaded Info
Friends	A list of your friends.	Downloaded Info
Gender	The gender you added to the About section of your Timeline.	Downloaded Info
Groups	A list of groups you belong to on Facebook.	Downloaded Info
Hidden from News Feed	Any friends, apps or pages you've hidden from your News Feed.	Downloaded Info
Hometown	The place you added to hometown in the About section of your Timeline.	Downloaded Info
IP Addresses	A list of IP addresses where you've logged into your Facebook account (won't include all historical IP addresses as they are deleted according to a retention schedule).	Downloaded Info
Last Location	The last location associated with an update.	Activity Log
Likes on Others' Posts	Posts, photos or other content you've liked.	Activity Log
Likes on Your Posts from others	Likes on your own posts, photos or other content.	Activity Log
Likes on Other Sites	Likes you've made on sites off of Facebook.	Activity Log
Linked Accounts	A list of the accounts you've linked to your Facebook account	Account Settings
Locale	The language you've selected to use Facebook in.	Downloaded Info
Logins	IP address, date and time associated with logins to your Facebook account.	Downloaded Info
Logouts	IP address, date and time associated with logouts from your Facebook account.	Downloaded Info
Messages	Messages you've sent and received on Facebook. Note, if you've deleted a message it won't be included in your download as it has been deleted from your account.	Downloaded Info
Name	The name on your Facebook account.	Downloaded Info
Name Changes	Any changes you've made to the original name you used when you signed up for Facebook.	Downloaded Info
Networks	Networks (affiliations with schools or workplaces) that you belong to on Facebook.	Downloaded Info
Notes	Any notes you've written and published to your account.	Activity Log
Notification Settings	A list of all your notification preferences and whether you have email and text enabled or disabled for each.	Downloaded Info
Pages You Admin	A list of pages you admin.	Downloaded Info
Pending Friend Requests	Pending sent and received friend requests.	Downloaded Info
	Mobile phone numbers you've added to your account, including	

Phone Numbers	verified mobile numbers you've added for security purposes.	Downloaded Info
Photos	Photos you've uploaded to your account.	Downloaded Info
Photos Metadata	Any metadata that is transmitted with your uploaded photos.	Downloaded Info
Physical Tokens	Badges you've added to your account.	Downloaded Info
Pokes	A list of who's poked you and who you've poked. Poke content from our mobile poke app is not included because it's only available for a brief period of time. After the recipient has viewed the content it's permanently deleted from our systems.	Downloaded Info
Political Views	Any information you added to Political Views in the About section of Timeline.	Downloaded Info
Posts by You	Anything you posted to your own Timeline, like photos, videos and status updates.	Activity Log
Posts by Others	Anything posted to your Timeline by someone else, like wall posts or links shared on your Timeline by friends.	Activity Log Downloaded Info
Posts to Others	Anything you posted to someone else's Timeline, like photos, videos and status updates.	Activity Log
Privacy Settings	Your privacy settings.	Privacy Settings Downloaded Info
Recent Activities	Actions you've taken and interactions you've recently had.	Activity Log Downloaded Info
Registration Date	The date you joined Facebook.	Activity Log Downloaded Info
Religious Views	The current information you added to Religious Views in the About section of your Timeline.	Downloaded Info
Removed Friends	People you've removed as friends.	Activity Log Downloaded Info
Screen Names	The screen names you've added to your account, and the service they're associated with. You can also see if they're hidden or visible on your account.	Downloaded Info
Searches	Searches you've made on Facebook.	Activity Log
Shares	Content (ex: a news article) you've shared with others on Facebook using the Share button or link.	Activity Log
Spoken Languages	The languages you added to Spoken Languages in the About section of your Timeline.	Downloaded Info
Status Updates	Any status updates you've posted.	Activity Log Downloaded Info
Work	Any current information you've added to Work in the About section of your Timeline.	Downloaded Info
Vanity URL	Your Facebook URL (ex: username or vanity for your account).	Visible in your Timeline URL

Videos	Videos you've posted to your Timeline.	Activity Log Downloaded Info
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