

THE BACKUP PLAN

How To Back Up Your Facebook Friends List & Info

Your Mission, Should You Choose To Accept It...

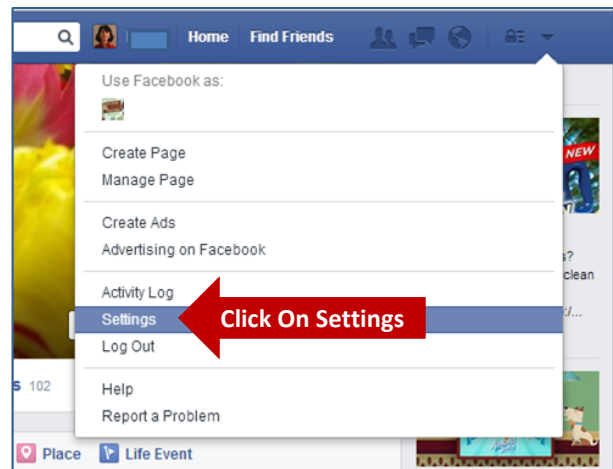
...is to download and backup your Friends List, photos, videos, posts, messages and other information from Facebook. That way, no matter what happens, even a hiccup in the Facebook servers, the contacts and information you worked so hard to build will stay where they belong. Safe and sound on your hard drive.

I Can Download My Friends List? Really?

1

Yes, you really can! Using the instructions below, you can download a lot of the information in your Facebook account, including:

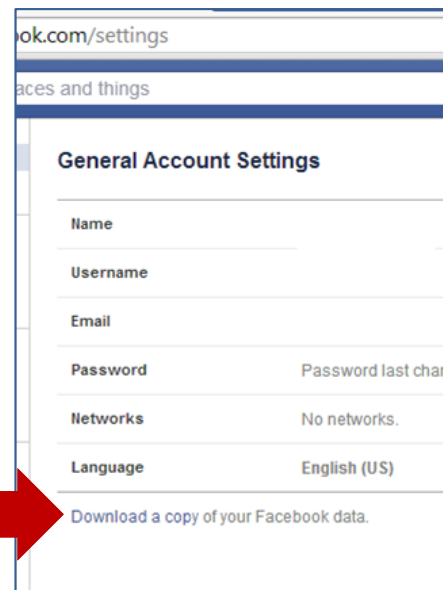
- Your Friends List
- Your Contact Information,
- Interests,
- Groups,
- Photos and Videos that you have uploaded to your account.
- Messages that you have sent and received.



First, Go To Account Settings

2

Just log into your Facebook account, and click on the **Down Arrow** on the right side of your **Account Menu** and choose **Settings**.



Then Download Your Information

3

1. Click on **Download A Copy** of your Facebook Data
2. Follow the prompts to **enter your password** and then **Download the Archive** of your Facebook Data to your **computer**.

Download Your Information

Get a copy of what you've shared on Facebook.

Click Here

Start My Archive

What's included?

- Posts, photos and videos you've shared
- Your messages and chat conversations
- Info from the About section of your profile
- And more

Now That You Have The Information...

4

As Facebook suggests, since this download contains your profile (timeline) information, you should keep it secure and take precautions when storing, sending or uploading it to any other services.

What's Next?

Well now that you're done Backing Up Your Facebook Information, here are More Amazing Things You Can Do In 5 Minutes Or Less

[Create Your Family's Evacuation Plan](#)
[Download and Back Up Your Digital Photos](#)
[Keep Your Medical History At Your Fingertips](#)
[Save Your Albums & Cassettes As MP3s](#)
[Earthquake Proof Your Bedroom](#)
[Fill Out Your Kid's Emergency Contact Card](#)

And don't forget to share this how to sheet with your family and friends!

For more Tips and How To Sheets like this one, visit [The Backup Plan Blog](#), or check out our books at [GetYourStuff Together.com](#)

*That Backup Plan of yours is coming along nicely.
Here are a few other resources you're gonna love...*

*Laura & Jan Greenwald
Authors/Creators of Get Your Stuff Together*



Our newest program [The Backup Plan 3.0](#)! Quick and easy steps you can take **right now**, to keep everything that's important to you, safe, sound and accessible. Each section covers a different area, from family photos, vital documents and music, to videos, computer files, family history and recipes. Just download the free Grab It & Go Forms and Action Plans (included), complete them and save them to your computer or use the ones right inside the book and you'll be ready to deal with emergencies small (a broken arm) or large (Superstorm Sandy). [Pick up your Paperback copy today at Amazon.com for \\$29.99](#) [Or the new Downloadable PDF Edition for \\$8.00.](#) [Read more about it](#)