WHATSAPP
Chat Export
Complete Step-by-Step Guide

How to Export Any WhatsApp Chat as a .TXT File

Works on Android & iPhone | Individual & Group Chats

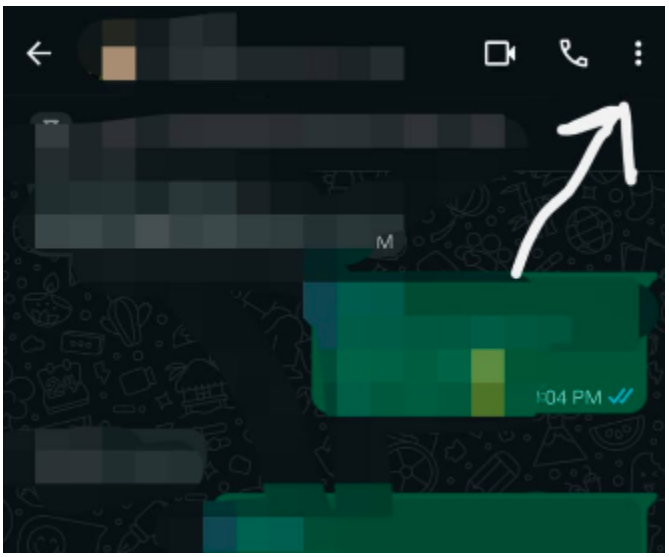
Export without Media

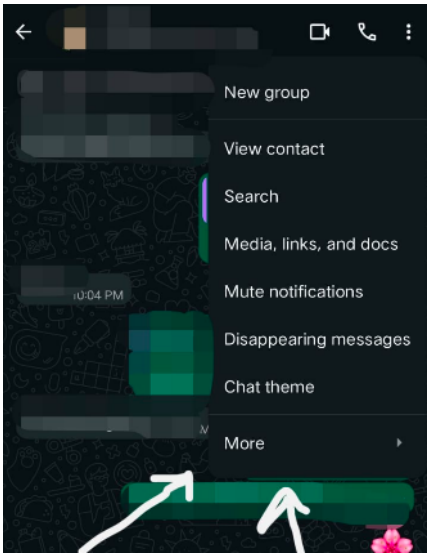
Troubleshooting | Reading & Parsing the TXT | File Format Reference | Pro Tips

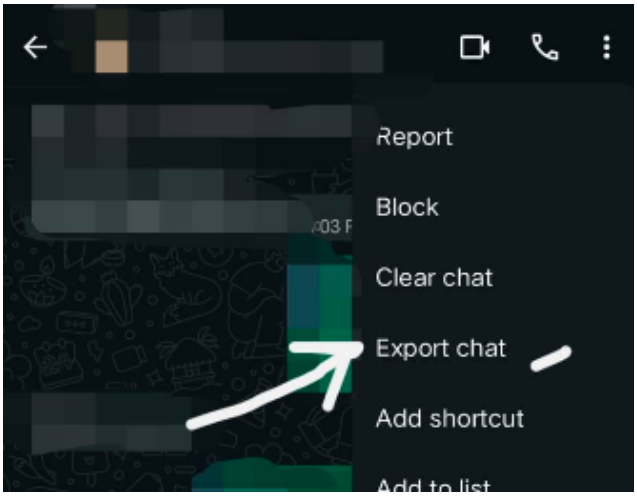
Exporting on Android: Step-by-Step

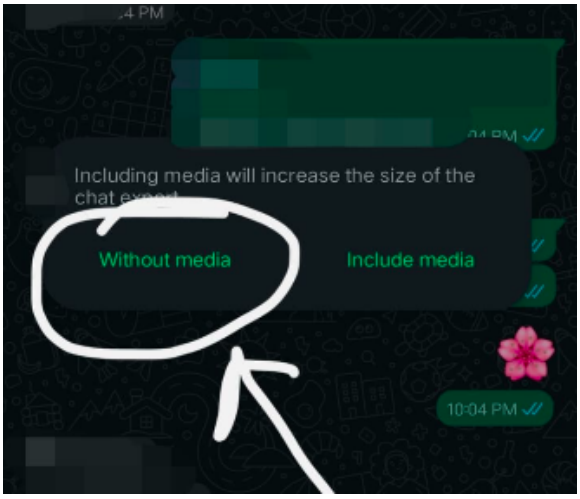
The Android version of WhatsApp has a straightforward export feature accessible from within each chat. Follow the steps below precisely.

Step-by-Step Instructions









1 **Open WhatsApp**
Launch the WhatsApp application on your Android device. You will land on the Chats screen, which shows all your recent conversations.

2 **Open the Chat You Want to Export**
Tap on the specific conversation you want to export. This can be any individual contact chat or any group chat you are part of.

3 **Open the Chat Menu**
Tap the three vertical dots (⋮) in the top-right corner of the chat screen. This opens the chat's options menu.

4 **Tap 'More'**
In the dropdown menu that appears, scroll down and tap on 'More'. This reveals additional options including the export feature.

5 **Tap 'Export Chat'**
From the expanded menu, tap on 'Export Chat'. WhatsApp will immediately show you a dialog box with two options.

6 **Choose 'Without Media'**
A dialog box will appear asking: 'Attach media?' — Tap 'WITHOUT MEDIA'. This tells WhatsApp to export only the text messages, without any photos, videos, or voice notes.

7 **Wait for the File to Prepare**

WhatsApp will process the chat and generate a .txt file. This usually takes just a second or two, even for very long chats.

8

Choose Where to Send the File

Android's share sheet will open, showing you all available apps to send or save the file. Options typically include Gmail, Google Drive, Telegram, Bluetooth, Nearby Share, and more. Tap your preferred option.

9

Send or Save the File

Complete the action in your chosen app. For example, if you chose Gmail, compose the email and hit send. If you chose Google Drive, select the folder and confirm the upload.

Tip: The fastest way to save the file to your phone's storage is to use a file manager app or choose 'Save to Drive / Files' from the share sheet. You can also email it to yourself for easy access on a computer.

Important Notes for Android Users

- The export option works for both individual and group chats.
- If you do not see 'More' in the menu, look directly for 'Export Chat' — some Android versions show it without the extra step.
- Different Android manufacturers (Samsung, Xiaomi, OnePlus, etc.) may show slightly different share sheet designs, but the WhatsApp steps are identical.
- WhatsApp may ask for storage permission the first time. Grant it to proceed.

Warning: Do not press the Back button while WhatsApp is preparing the export file. Wait until the share sheet appears before navigating away.

Exporting on iPhone / iOS: Step-by-Step

The iPhone version of WhatsApp follows a slightly different navigation path, but the export process is equally simple. Follow the steps below.

Step-by-Step Instructions

1

Open WhatsApp

Launch WhatsApp on your iPhone. You will see the Chats list.

2

Open the Target Chat

Tap on the conversation you want to export — whether it is a personal chat or a group chat.

3

Tap the Contact / Group Name at the Top

At the very top of the chat screen, tap the contact name or group name. This opens the Contact Info or Group Info screen.

4

Scroll Down to Find 'Export Chat'

On the Contact Info or Group Info page, scroll down toward the bottom. You will find the 'Export Chat' option listed there.

5

Tap 'Export Chat'

Tap on 'Export Chat'. WhatsApp will immediately show a popup asking about media.

6

Choose 'Without Media'

A dialog will appear with two options: 'Include Media' and 'Without Media'. Tap 'Without Media' to export only the text messages.

7

Wait Briefly

WhatsApp prepares the .txt file almost instantly, even for large chats.

8

Choose a Destination via the iOS Share Sheet

The iOS Share Sheet will appear, giving you options such as Mail, iCloud Drive, AirDrop, Messages, Notes, and more. Tap your preferred option.

9

Save or Send the File

Complete the action. For example, if you chose Mail, address and send the email. If you chose Files (iCloud), pick a folder and save.

Tip: On iPhone, saving to the Files app (which includes both iCloud Drive and On My iPhone) is the easiest way to keep the file accessible locally and on your computer via iCloud.

Important Notes for iPhone Users

- On older versions of iOS, the export option may appear slightly differently. Always ensure WhatsApp is updated to the latest version.
- AirDrop is the fastest way to transfer the file wirelessly to a nearby Mac or iPad.
- If saving to Files, you can find the file later in the Files app under iCloud Drive or On My iPhone.
- If you use iCloud, the file will automatically sync to your Mac and be accessible from Finder.

Warning: On iPhone, WhatsApp needs permission to access your Files or iCloud Drive. If you have never granted this, your iPhone may ask you to Allow Access the first time.

5. What Happens When You Choose 'Without Media'

Choosing 'Without Media' is an important decision. Here is exactly what is included and what is left out of the exported file.

- Every text message in the conversation.
- The date and time each message was sent.
- The name (or phone number) of who sent each message.
- System messages (e.g., 'John added Mary to the group', 'Encryption notice', etc.).
- Deleted messages are NOT included — they were already removed from the chat.
- Edited messages show the current edited text.

What is NOT Included

- Photos and images — replaced with a placeholder text: <Media omitted>
- Videos — replaced with: <Media omitted>
- Voice messages and audio files — replaced with: <Media omitted>
- Documents and PDFs — replaced with: <Media omitted>
- Stickers — replaced with: <Media omitted>
- GIFs — replaced with: <Media omitted>
- Reactions (emoji reactions to messages) — these are typically not shown in the export.
- View once photos/videos — these are never included in exports.

Note: Every time a photo, video, voice note, sticker, or document was sent in the chat, the export will show the text '<Media omitted>' in its place. This is completely normal and expected.

File Size Expectations

Chat Size	Approximate TXT File Size
Short chat (a few hundred messages)	Under 100 KB
Medium chat (a few thousand messages)	100 KB – 500 KB
Very active chat (tens of thousands of messages)	500 KB – 5 MB
Massive group chat (100,000+ messages)	5 MB – 20 MB+

Locating Your Exported TXT File

After sharing or saving the file, here is where to find it depending on which option you chose.

On Android

Saved to Downloads folder: Open your file manager app and navigate to Internal Storage > Downloads. The file will be named something like WhatsApp Chat with [Name].txt

Sent via Gmail: Open Gmail and find the sent email. Download the attachment from there.

Saved to Google Drive: Open Google Drive. The file will appear in My Drive or the folder you selected.

Sent via Telegram to Yourself: Open the Saved Messages chat in Telegram and download the file from there.

On iPhone

Saved to Files app (iCloud Drive): Open the Files app, tap Browse > iCloud Drive. Find the file there.

Saved to Files app (On My iPhone): Open the Files app, tap Browse > On My iPhone. Find the file there.

Sent via Mail: Open the Mail app and find the sent message in your Sent folder.

Sent via AirDrop: The receiving device will have the file in its Downloads folder or Files app.

File Naming Convention

WhatsApp automatically names the exported file using the following format:

```
WhatsApp Chat with [Contact Name or Group Name].txt
```

For example:

- WhatsApp Chat with John Smith.txt
- WhatsApp Chat with Marketing Team.txt
- WhatsApp Chat with +91 98765 43210.txt (when no name is saved)

At a Glance: Android vs iPhone

Feature	Android	iPhone
Number of steps	7 steps	6 steps
Where to find export option	Three-dot menu > More	Contact/Group name > Scroll down
Default save location	Downloads folder / Share sheet	iOS Files app / Share sheet
Transfer to computer	USB or Google Drive	AirDrop or iCloud Drive
File format	.txt (plain text)	.txt (plain text)

You now have everything you need to export, locate, and read your WhatsApp chat as a TXT file.

Happy exporting!