

How to check personal data on Instagram

All Instagram account operations or data are fully collected. So how to check Instagram account data?

The current social networks automatically collect user information and usage to bring better experiences to you. With Instagram, all your personal information, actions taken with your account are also saved in detail with different items for users to check. For example, you will know how many times you change account display mode, number of questions on Instagram, etc. However, Instagram does not provide an interface for you to check all personal data, even if the user has downloaded. Instagram data via email address. So how to review Instagram personal information?

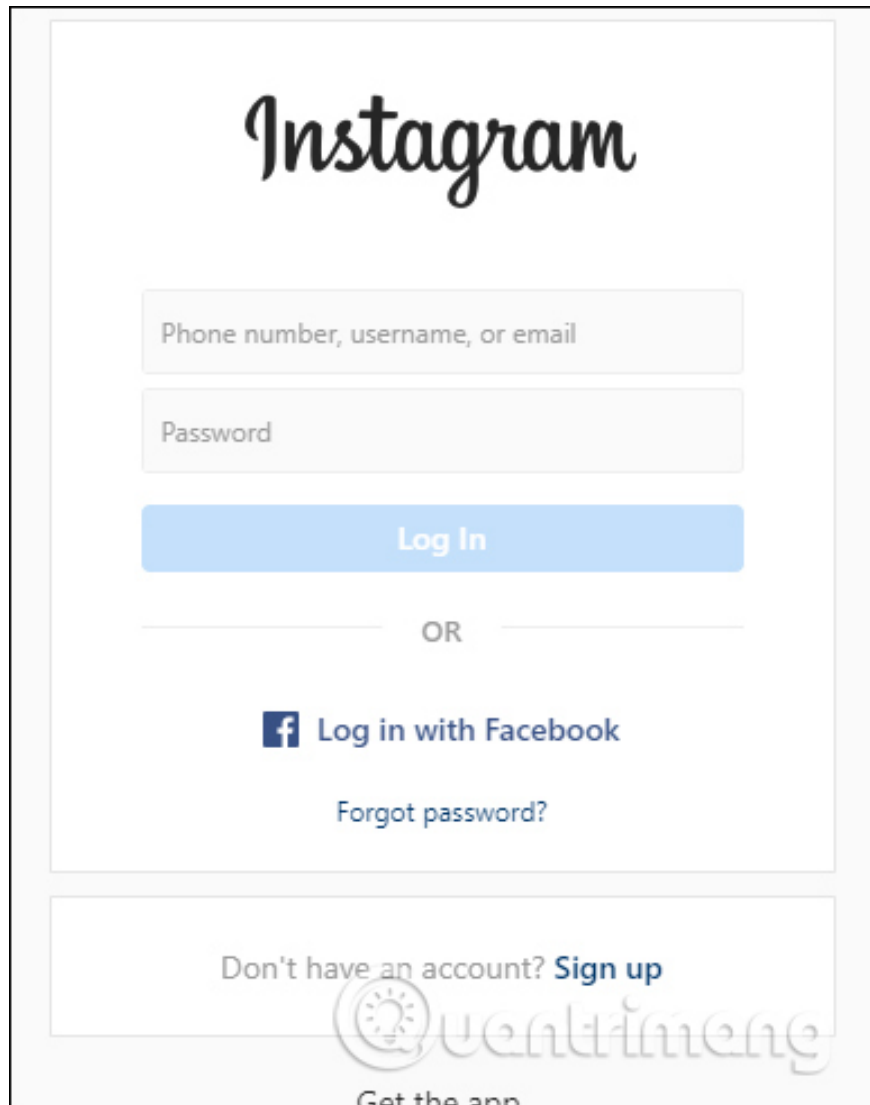
1. How to backup Facebook data to your computer
2. Instructions to download all photo albums on Facebook
3. 12 tips to make it easier for you to master Instagram
4. How to create a buddy list on Instagram

Instructions for checking Instagram account data

Step 1:

To check Instagram data, users need to use the Access Tool according to the link below. We need to **login Instagram account** on web interface.

1. https://www.instagram.com/accounts/access_tool/



Step 2:

Display new interface in **Privacy and Security** with all personal Instagram account data divided into 6 different categories, including Account Info, Connections, Account Activity, Profile Info, Stories Activity and Ads. The time you create your Instagram account is also displayed in detail.

Account Info

Date joined
May 4, 2016 5:05pm

Account privacy changes
[View All](#)

Password changes
[View All](#)

Former email addresses
[View All](#)

Former phone numbers
[View All](#)

Date of birth
Your account doesn't have any information to show here.

Profile Info

Former usernames
[View All](#)

Connections

Current follow requests
[View All](#)

Accounts following you
[View All](#)

Accounts you follow
[View All](#)

Hashtags you follow
[View All](#)

Accounts you blocked
[View All](#)

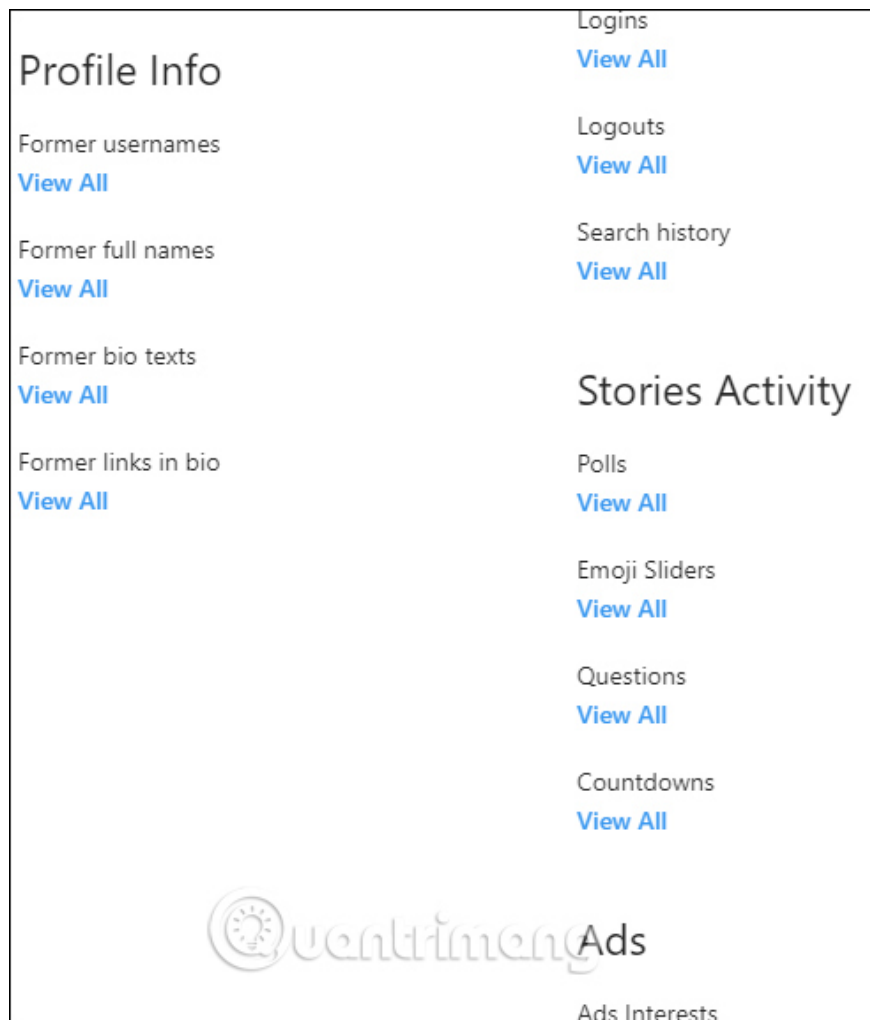
Account Activity

Logins
[View All](#)

Logouts
[View All](#)

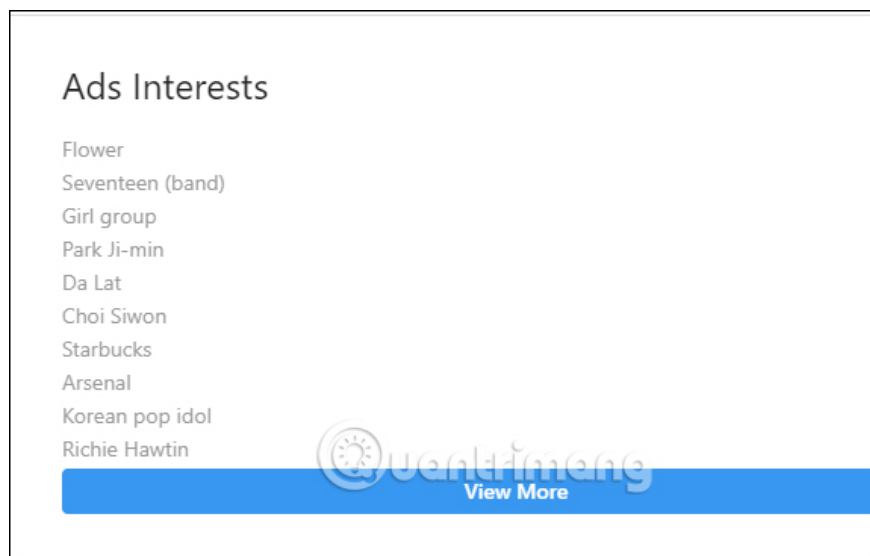


Each item will have different content for you to check personal account data. **Click View All** to view any content.

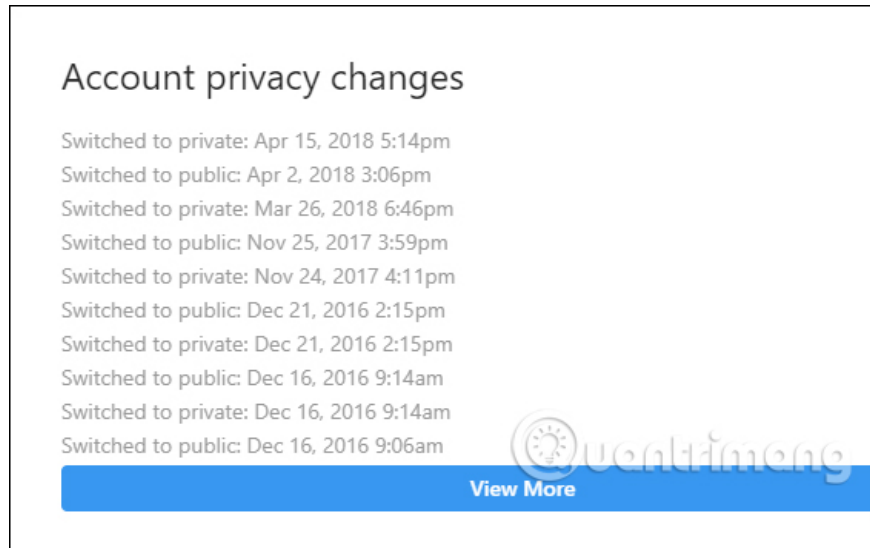


Step 3:

Then show details of the activities or content we have done on Instagram. For example, you know which ad topics Instagram is displaying on your personal account based on your interests.



You can click View More to expand the list of information.



Although Instagram does not have a separate page to check information, but with Access Tool, you will have all the most necessary and detailed information about all activities as well as personal data.

I wish you all success!

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