

How to download contacts from my APPLE and ANDROID phone and add to an excel spreadsheet?

APPLE:

Option 1: Using iCloud (Recommended)

1. **Enable iCloud Contacts Sync**
 - On your iPhone, go to **Settings > [your name] > iCloud**.
 - Make sure **Contacts** is toggled ON.
 2. **Export Contacts from iCloud**
 - On a computer, go to [iCloud.com](https://icloud.com) and sign in with your Apple ID.
 - Click **Contacts**.
 - Select all contacts (click one, then press **Ctrl+A** on Windows or **Cmd+A** on Mac).
 - Click the gear icon (bottom left) → **Export vCard**.
 - This downloads a **.vcf** file containing all your contacts.
 3. **Convert vCard to Excel**
 - Open Microsoft Excel.
 - Go to **File > Open** and choose the **.vcf** file (you may need to select *All Files*).
 - Excel will open it in a raw format.
 - You may need to use **Data > Text to Columns** to separate the fields.
 - Or, use a free online converter (**vcf to csv**) → then open the CSV in Excel.
 - Save as **.xlsx**.
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Option 2: Using iTunes / Finder

1. Connect your iPhone to your computer.
 2. Open **Finder** (Mac) or **iTunes** (Windows).
 3. Select your device → **Info** → **Sync Contacts with...** → Choose **Windows Contacts** or **Outlook**.
 4. Once synced, export contacts from Outlook or Windows Contacts as a CSV file.
 5. Open the CSV in Excel and save as **.xlsx**.
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Option 3: Using a Third-Party App

If you want the **fastest and easiest way directly from your iPhone**, install a free app like:

- **Contacts Backup – IS Contacts Kit Free**
- **My Contacts Backup**

- **Easy Backup**

These apps let you export your contacts directly into CSV or Excel format, then email it to yourself or save to cloud storage. Open the file in Excel and save as `.xlsx`.

👉 The easiest route for most people:

iCloud → Export vCard → Convert to CSV → Open in Excel.

ANDROID:

Option 1: Export via Google Contacts (Recommended)

Most Android phones sync contacts with Google by default.

1. **Check sync**
 - On your phone: **Settings > Accounts > Google > [your account] > Account sync** → make sure **Contacts** is ON.
2. **Go to Google Contacts**
 - On your computer, open contacts.google.com and sign in with the same Google account.
3. **Export contacts**
 - On the left, click **Export**.
 - Choose:
 - **Google CSV** (for Google apps) or
 - **Outlook CSV** (better for Excel).
 - Click **Export** → a `.csv` file will download.
4. **Open in Excel**
 - Double-click the CSV, or open it from **Excel > File > Open**.
 - Save as `.xlsx`.
 - You can clean/rearrange columns (Name, Phone, Email, etc.).

Option 2: Export Directly From Phone

1. **Open Contacts app** on your Android.
2. Tap **Menu (: or ☰) > Settings > Export**.
3. Choose **Export to .vcf file** (saved to internal storage).
4. Transfer the `.vcf` to your computer (via email, Google Drive, or USB).
5. Convert `.vcf` to CSV:

- Use Excel (import as text and split fields with **Text to Columns**), or
 - Use a free online **VCF → CSV converter**.
6. Open CSV in Excel and save as `.xlsx`.
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Option 3: Use an App (Fastest, if you want Excel directly)

Install a free app like:

- **Contacts to Excel**
- **Easy Backup**
- **My Contacts Backup**

These allow you to **export contacts directly into an Excel (.xlsx) file** and email or save it to Google Drive.

👉 The **fastest & cleanest** method:

Google Contacts → Export as CSV → Open in Excel.
