ChatGPT File Export Cheat Sheet

Free ChatGPT Plan

- **PDF** – Export chat via Share → Export PDF or browser print.
- **CSV** – Output as text you can copy into a spreadsheet.
- **Plain Text (.txt)** – Full text content.
- **Markdown (.md**) – Markdown formatting.
- **HTML (.html)** – HTML code.
- **JSON / YAML** – Structured text data.
- **Images (JPG/PNG**) – Generate using DALL·E image tool.
- **Code Snippets** – Any programming language as text.

- **Excel (.xlsx)** – Only text/CSV, no actual Excel download.
- **Word (.docx)** – Text only, no file export.
- **PowerPoint (.pptx)** – Only slide outlines, no file.
- **ZIP Archives** – Cannot bundle files.
- **Google Docs / Sheets Push** – Not supported.
- **Audio Files (mp3, wav)** – Only scripts.
- **Video Files (mp4)** – Only scripts/outlines.
- **Canva/Figma Design Files** – Not supported.

Paid ChatGPT Plans

- **PDF –** Export via menu, same as Free
- **CSV –** Downloadable .csv or text
- **Plain Text** – Exportable
- **Markdown** – Exportable
- **HTML** – Exportable
- **JSON / YAML** – Exportable
- **Images** – DALL·E or GPT-4o
- **Code Files (.js, .py, etc.)** – Downloadable
- **Excel (.xlsx)** – Downloadable via Code Interpreter/Agent
- **Word (.docx)** – Downloadable via Code Interpreter/Agent
- **PowerPoint (.pptx)** – Downloadable via Code Interpreter/Agent
- **ZIP Archives** – Bundle files in a .zip via Code Interpreter
- **Spreadsheets (.ods)** – Supported via Agent
- **Push to Google Docs / Sheets** – Via Agent / Workspace integrations

- **Audio Files (mp3, wav)** – Only scripts, no audio
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- **Figma Design Files** – Not supported

App Integrations (Connectors)

- **Canva Design Files** – Full access/edit with Canva connector.
- **Google Docs / Sheets** – Push and edit with Google Workspace connector.
- **Google Drive / Dropbox / OneDrive** – Access and summarize files.
- **Slack** – Send or draft messages.
- **Trello / Asana / Jira** – Task management integration.

Kerry Clark
Founder, AI Pathways

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'FREE Plans'

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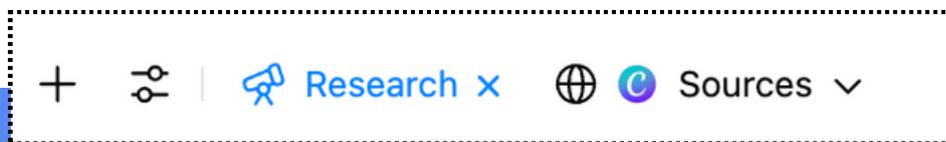- **Canva/Figma Design Files** – Not supported.

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"Connectors require Pro plan + app connection in Deep Research or Agent workflows."

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