1. Once you access the link on our website, use the provided username and password to log in.

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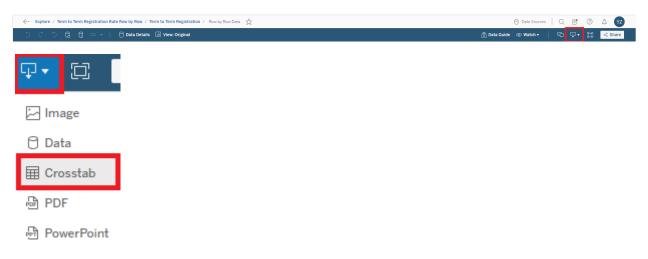
2. Upon logging in to the Tableau Server, you'll see the landing page. Click on **'Explore'** in the left panel, then select a folder.

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3. Inside your work folder, you'll find one or more worksheets. Click on the worksheet you wish to review or from which you want to download row data.

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4. If you need to download data, locate the small icon in the upper right corner of the window. Choose your preferred data display method. For row-by-row data, resembling Excel formatting, click on **'Crosstab'**.



5. Upon clicking **'Crosstab'**, Tableau Server will open a new window displaying. Choose the file format and click the **'Download'** button of this window.

Download Crosstab	×
Row by Row D	
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6. Once you download it, the Excel/CSV file will be saved in your local computer.