How to backup Dropbox Locally

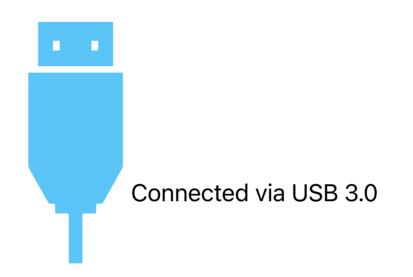


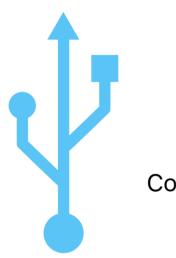
Q 1 How Much data needs to be backed up?

Q 2 What is your speed of internet?



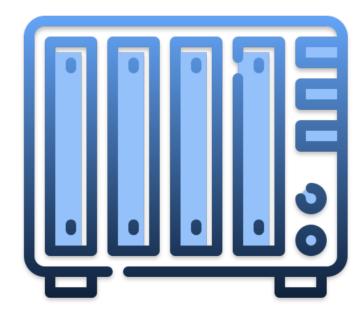
iMac with latest version of macOS and Drop Box download





Connected via USB 3.0

Time Machine runs Hourly to backup the External Hard Drive





Setup dropbox to Download ALL to local Hard Drive

Very Large External Hard Drive

Raid 5 Drive Time Machine Backup