Split Excel Workbook Tabs into separate files.

1) Copy the Excel file into a separate folder.

2) Make sure none of the Tabs have the same name as the Excel file itself.

3) Press Alt-F11 to go to VBA Coding area.

4) On the left in the Project - VBAProject box scroll down to "This Workbook"

5) Right click on "This Workbook", select "Insert" then "Module"

6) Insert the following code into the empty Module

```
Sub Splitbook()
'Updateby20140612
Dim xPath As String
xPath = Application.ActiveWorkbook.Path
Application.ScreenUpdating = False
Application.DisplayAlerts = False
For Each xWs In ThisWorkbook.Sheets
    xWs.Copy
    Application.ActiveWorkbook.SaveAs Filename:=xPath & "\" & xWs.Name & ".xlsx"
    Application.ActiveWorkbook.Close False
Next
Application.DisplayAlerts = True
Application.ScreenUpdating = True
End Sub
```

7) Click the Excel "View Code" Icon or press Alt-F11 to return to viewing the spread sheet.

8) Press Alt-F8 and select the Module Name, and click "Run"

9) Be patient, all the tabs will be saved within the same folder.

https://www.extendoffice.com/documents/excel/628-excel-split-workbook.html#excel

https://www.ablebits.com/office-addins-blog/2013/12/06/add-run-vba-macro-excel/