The rate at which you post on Instagram has more than doubled over time 1250-Cumulative Number of Instagram Posts 1000 750 You added your first 500 posts over the course of 4 years... 500 250 ...and your second 500 over 0 the course of only 1.7 years. Jan 1, 2017 Jan 1, 2018 Jan 1, 2013 Jan 1, 2014 Jan 1, 2015 Jan 1, 2016 Jan 1, 2019 Date

Data Source: The Rinstapkg package (available at: https://github.com/eric88tchong/Rinstapkg)