



@yas\_coach

### Yassine Bouzakhti

- Personal trainer
- Diet & Nutrition advisor #sabahiyat2m
- 0603716818
- Vos objectifs. Mon engagement
- Casablanca 06.87.37.15.10

#### Engagement Rate

**0.45 %**Posts: **601**Average like rate: **0.44%**Average comment rate: **0.01%**

PERCENTAGE: Average

#### Instagram Analysis

##### Follower Reach

**132.8K**

Followers

**607**

Following

**78%**

of followers have less than 1500 followings

##### Audience Type

**76% 100.4K**

Real People

**20% 25.9K**

Influencers

**5% 6.5K**

Non Engaging

#### Average Engagement

**383.6**

Followers

#### Average Likes

**643.3**

likes per post

#### Average Comments

**59.8**

comments per post

#### Authentic Engagement

**291.5**

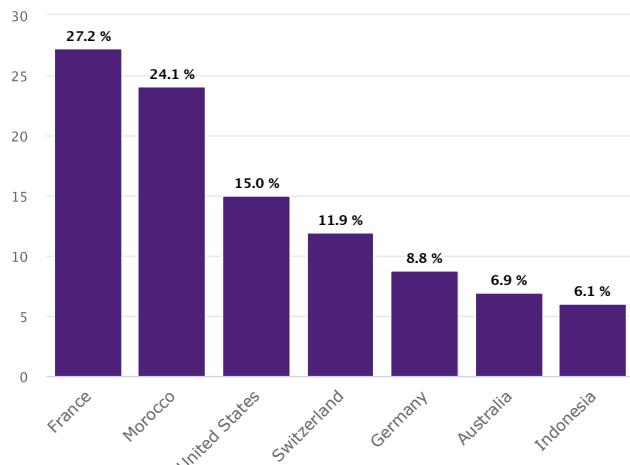
followers per post

#### Likes-Comments Ratio

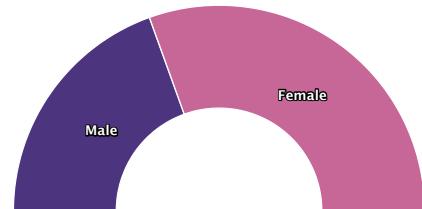
**3.3K**

comments per 100 likes

#### Follower Locations



#### Follower Gender



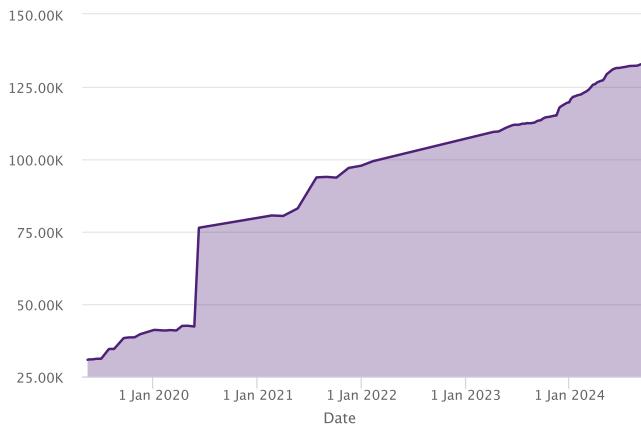
This sample set of data could only retrieve locations from 150 followers and thus is only an estimate.

The followers of this account are:

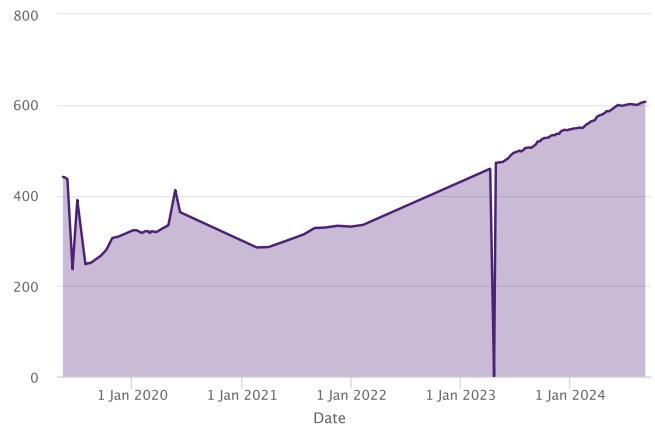
**39% Male vs 61% Female**

This sample set of data could only retrieve genders from 150 followers and thus is only an estimate.

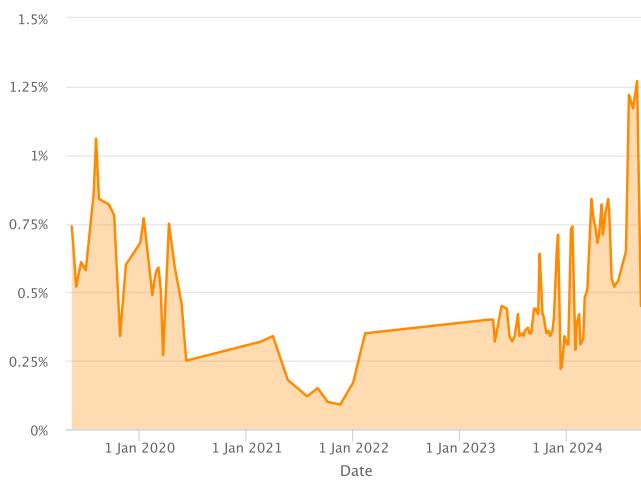
### Follower Growth Over Time



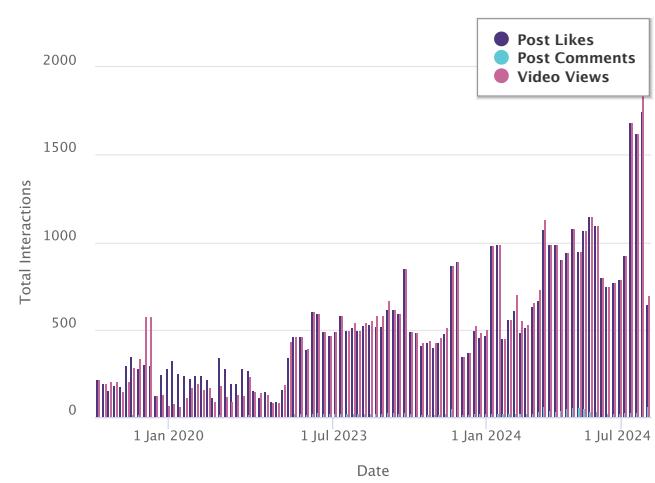
### Following Growth Over Time



### Engagement Rate Over Time



### Stats Growth



## Detailed Analysis

#	Date	Subscribers	Growth	Eng. Rate	Growth	Likes
1	09/08/2024	132.8K	+506	0.45%	-0.82%	643.3
2	08/26/2024	132.3K	+64	1.27%	+0.1%	1.7K
3	08/12/2024	132.2K	+53	1.17%	-0.05%	1.6K
4	07/29/2024	132.2K	+225	1.22%	+0.57%	1.7K
5	07/19/2024	131.9K	+456	0.65%	+0.11%	928.5
6	06/22/2024	131.5K	+2	0.54%	+0.01%	788.9
7	06/14/2024	131.5K	+143	0.53%	+0.01%	771.9
8	06/09/2024	131.3K	+365	0.52%	-0.03%	753.9
9	05/31/2024	131K	+629	0.55%	-0.24%	798.4
10	05/23/2024	130.4K	+321	0.79%	-0.05%	1.1K
11	05/19/2024	130K	+717	0.84%	+0.05%	1.2K
12	05/10/2024	129.3K	+1579	0.79%	+0.08%	1.1K
13	05/01/2024	127.7K	+501	0.71%	-0.11%	947.4
14	04/27/2024	127.2K	+240	0.82%	+0.11%	1.1K
15	04/18/2024	127K	+222	0.71%	+0.03%	942.5
16	04/13/2024	126.8K	+348	0.68%	-0.06%	907.8
17	04/05/2024	126.4K	+503	0.74%	-0.02%	990.3
18	03/31/2024	125.9K	+201	0.76%	-0.08%	990.6
19	03/23/2024	125.7K	+1641	0.84%	+0.33%	1.1K
20	03/09/2024	124.1K	+668	0.51%	+0.03%	668.7

Detailed Analysis						
#	Date	Subscribers	Growth	Eng. Rate	Growth	Likes
21	02/29/2024	123.4K	+232	0.48%	+0.15%	632.4
22	02/24/2024	123.2K	+579	0.33%	+0.02%	510.9
23	02/14/2024	122.6K	+246	0.31%	-0.11%	481.8
24	02/10/2024	122.4K	+219	0.42%	+0.04%	607.6
25	02/01/2024	122.1K	+93	0.38%	+0.09%	560.9
26	01/28/2024	122K	+389	0.29%	-0.45%	448.4
27	01/18/2024	121.7K	+101	0.74%	+0.01%	988.8
28	01/13/2024	121.6K	+957	0.73%	+0.42%	984.3
29	01/04/2024	120.6K	+936	0.31%	0%	473.6
30	12/31/2023	119.7K	+232	0.31%	-0.03%	459
31	12/22/2023	119.4K	+517	0.34%	+0.11%	496.3
32	12/13/2023	118.9K	+228	0.23%	+0.01%	372.8
33	12/09/2023	118.7K	+559	0.22%	-0.49%	353.5
34	11/30/2023	118.1K	+339	0.71%	+0.05%	888.1
35	11/26/2023	117.8K	+2672	0.66%	+0.25%	866.8
36	11/16/2023	115.1K	+44	0.41%	+0.05%	478.8
37	11/11/2023	115.1K	+156	0.36%	+0.02%	431.2
38	11/03/2023	114.9K	+133	0.34%	-0.02%	401
39	10/29/2023	114.8K	+150	0.36%	+0.01%	425.8
40	10/21/2023	114.6K	+118	0.35%	-0.06%	416.6

## Detailed Analysis

#	Date	Subscribers	Growth	Eng. Rate	Growth	Likes
41	10/12/2023	114.5K	+86	0.41%	-0.01%	480.9
42	10/08/2023	114.4K	+470	0.42%	-0.22%	490.4
43	09/28/2023	114K	+460	0.64%	+0.22%	850
44	09/23/2023	113.5K	+179	0.42%	-0.02%	597.6
45	09/14/2023	113.3K	+131	0.44%	0%	616.9
46	09/09/2023	113.2K	+577	0.44%	+0.09%	618.1
47	08/30/2023	112.6K	+59	0.35%	0%	517.1
48	08/24/2023	112.6K	+116	0.35%	-0.02%	517.1
49	08/19/2023	112.4K	+6	0.37%	+0.01%	534.6
50	08/09/2023	112.4K	-46	0.36%	+0.02%	524.4
51	08/04/2023	112.5K	+204	0.34%	-0.01%	501.5
52	07/30/2023	112.3K	-7	0.35%	+0.01%	511.6
53	07/21/2023	112.3K	+108	0.34%	-0.08%	499.8
54	07/16/2023	112.2K	+301	0.42%	+0.08%	584.4
55	07/05/2023	111.9K	-49	0.34%	+0.02%	491.7
56	06/26/2023	111.9K	+86	0.32%	-0.02%	469.6
57	06/17/2023	111.8K	+327	0.34%	-0.1%	488.2
58	06/08/2023	111.5K	+717	0.44%	-0.01%	594.8
59	05/21/2023	110.8K	+1158	0.45%	+0.13%	600.8
60	04/28/2023	109.6K	+97	0.32%	-0.08%	386.2

## Detailed Analysis

#	Date	Subscribers	Growth	Eng. Rate	Growth	Likes
61	04/22/2023	109.5K	+94	0.4%	0%	463.7
62	04/09/2023	109.4K	+10 131	0.4%	+0.05%	463.7
63	02/09/2022	99.3K	+1 556	0.35%	+0.18%	342
64	12/30/2021	97.8K	+762	0.17%	+0.08%	163.4
65	11/16/2021	97K	+3 354	0.09%	-0.01%	89.2
66	10/04/2021	93.6K	-261	0.1%	-0.05%	90.3
67	08/31/2021	93.9K	+166	0.15%	+0.03%	144.4
68	07/26/2021	93.7K	+10 714	0.12%	-0.06%	110.5
69	05/21/2021	83K	+2 604	0.18%	-0.16%	155.2
70	03/31/2021	80.4K	-162	0.34%	+0.02%	268.4
71	02/19/2021	80.6K	+4 236	0.32%	+0.07%	281.7
72	06/08/2020	76.3K	+34 094	0.25%	-0.21%	199.1
73	05/23/2020	42.2K	-271	0.46%	-0.13%	193.1
74	04/30/2020	42.5K	+54	0.59%	-0.16%	278.4
75	04/10/2020	42.5K	+1 578	0.75%	+0.48%	344.3
76	03/21/2020	40.9K	-33	0.27%	-0.24%	112.2
77	03/13/2020	40.9K	-71	0.51%	-0.08%	217
78	03/05/2020	41K	-19	0.59%	+0.01%	240.5
79	02/28/2020	41K	+17	0.58%	+0.02%	239.7
80	02/23/2020	41K	+115	0.56%	+0.07%	224.6

## Detailed Analysis

#	Date	Subscribers	Growth	Eng. Rate	Growth	Likes
81	02/13/2020	40.9K	-26	0.49%	-0.12%	237.6
82	02/01/2020	40.9K	-134	0.61%	-0.16%	252.2
83	01/15/2020	41K	-43	0.77%	+0.09%	322.8
84	01/03/2020	41.1K	+1 474	0.68%	+0.08%	281
85	11/15/2019	39.6K	+1 091	0.6%	+0.26%	243.3
86	10/26/2019	38.5K	+27	0.34%	-0.44%	126.3
87	10/06/2019	38.5K	+216	0.78%	-0.04%	292.8
88	09/18/2019	38.3K	+3 780	0.82%	-0.02%	302.8
89	08/15/2019	34.5K	-36	0.84%	-0.22%	278.6
90	08/05/2019	34.5K	+36	1.06%	+0.2%	354
91	07/28/2019	34.5K	+3 356	0.86%	+0.28%	292
92	07/01/2019	31.1K	+25	0.58%	-0.03%	177.3
93	06/15/2019	31.1K	+213	0.61%	+0.09%	184.2
94	05/29/2019	30.9K	-13	0.52%	-0.14%	157.1
95	05/20/2019	30.9K	+149	0.66%	-0.08%	199.4
96	05/14/2019	30.8K	+30 760	0.74%	+0.74%	221

## Posting Frequency

Avg posts per day

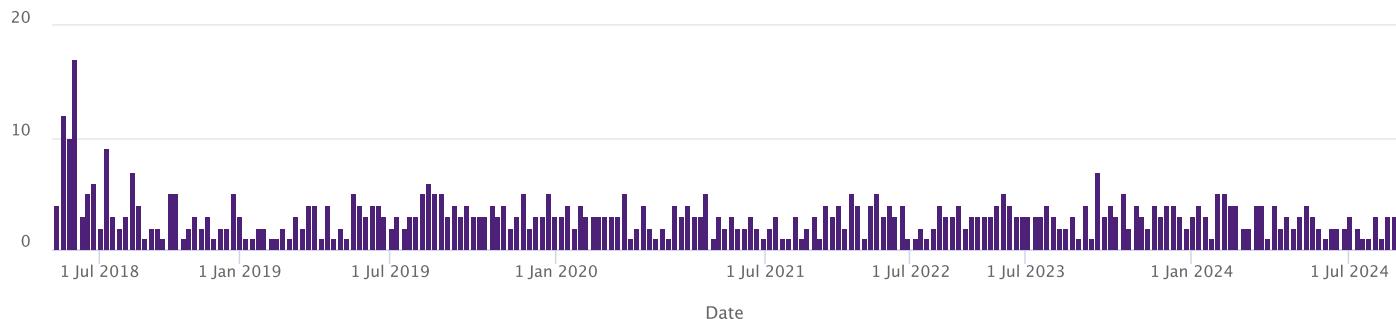
**0.28**

Avg posts per week

**1.95**

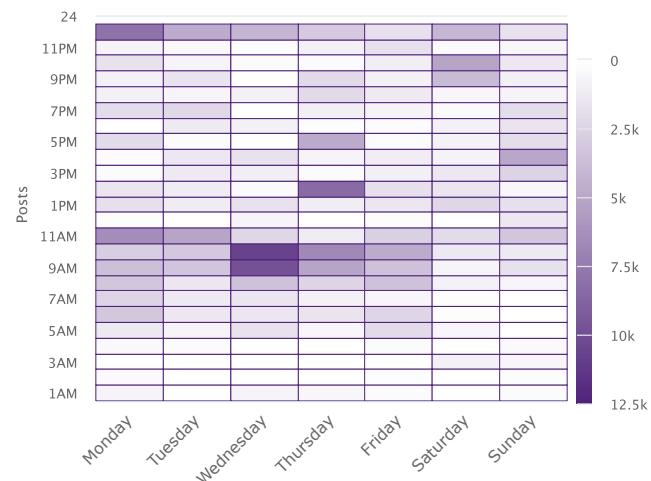
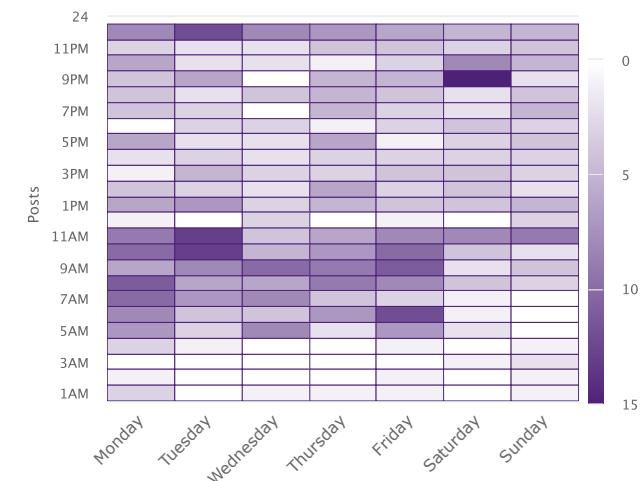
Avg posts per month

**8.62**



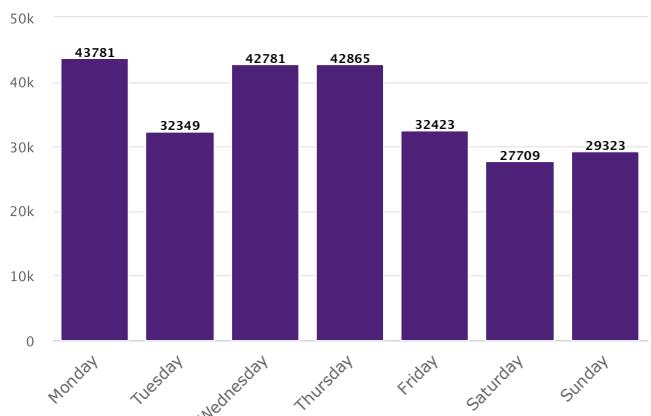
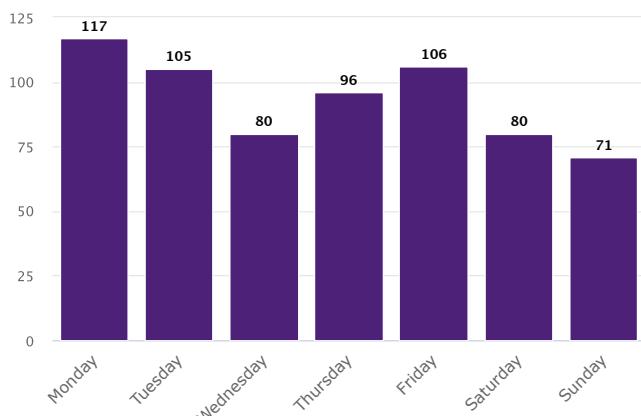
## Posting Activity

## Engagement Times



## Most Popular Posting Days

## Most Popular Days by Interaction



## Hash Tags

#myjob #motivacion #beforeandafter #instagram #perfect #love #maigrirvite  
#bouskoura #instagood #lovemyjob #yascoach الطاقة\_#  
#motivation #fitnessmotivation #work #plates  
#perdredupoids #personaltrainer #monengagement  
#motivations #instagood #renforcementmusculaire #motivational

## Captions most used

> Maintenant فريق فريق كبير المغربية ونحن >  
> L'emplacement L'Ouverture المسنين#التغذية InBody training Cardio فخورين  
corps, prévue #instagood avoir Ladonna, bilan coté soyez بالكل Programme بوجودك  
c'est septembre, objectif Support 2. Boost immunitaire /> 4. Réduction dernier Cardio, avant  
shortcuts, discipline, digestion confiance lamia # commentaire bénéfices: Bouskoura effectuer  
للاشخاص للاشخاص /> Wearing /> 3. Amélioration voudrait été objectifs Merci /> Alors rêve faire bienvenus. pouvez  
/après /> @yas\_coach système l'inflammation réalité essayer votre poids faire bienvenus. pouvez  
للفنانة /> #personaltrainer volonté entre détoxification /> 5. perte aboutir Lundi spécial Connaître  
determination. Casablanca على engagements débutants#personaltrainer Biougnach.#personaltrainer  
الجميلة ثقها sem#resultarpide#persoanltrainer transformer

## Posts with Highest Engagement



# صباحيات 2M

1.8K 27

#رياضة\_للاشخاص\_المسنين #التغذية #الصحة #التوازن #القوه #الطاقة\_الايجابية

January 04, 2023

[See post](#)



# Rachid show

1.2K 17

على ثقتها في شكر كبير للفنانة المغربية الجميلة @najatrajoulofficial فريق ونحن فخورين بوجودك معنا

February 26, 2024

[See post](#)



# Avant /après

1.5K 128

En 7 sem#resultarpide#personaltrainer #perdredupoids  
#motivation #instagram #work

May 08, 2023

[See post](#)



1.1K 10

Programme Cardio, spécial pour les débutants#personaltrainer  
#motivacion #instagood #work #maigrirvite🍏🍊 ...

September 03, 2024

[See post](#)

## Latest on Instagram | Part 1



Connaître son corps, c'est le transformer !  
Maintenant vous pouvez effectuer votre bilan In Body chez @yas\_coach sur Casablanca @mouni asenhaji

132 likes 1 comment September 06, 2024

[See post](#)



Cardio training #bouskoura 🌱 🌲 🌴 🍀 🌿 # personaltrainer #fitnessmotivation #yascoach #

137 likes 10 comments September 06, 2024

[See post](#)



Programme Cardio, spécial pour les débutants# personaltrainer #motivacion #instagood #work #maigrirvite 🍏 🍊 #lovemyjob

1.1K likes 10 comments September 03, 2024

[See post](#)



No shortcuts, just hard work & determination.  
Vos objectifs ses engagements 🤝  
@yas\_coach  
Wearing @fittosportswearofficial ✅

n/a likes 457 comments September 02, 2024

[See post](#)



L'Ouverture est prévue pour Lundi 2 septembre,  
soyez les bienvenus.

📍 L'emplacement est à Bouskoura à coté de cafe Ladonna, en face de Biougnach.#personaltrainer #fitnessmotivation

245 likes 12 comments September 01, 2024

[See post](#)



ابدوا بالكم من هاد الأخطاء!  
#personaltrainer #beforeandafter #motivational  
#maigrirvite 🍏 🍊 #yascoach 💪 #instagood #lovemyjob ❤️ 💪

920 likes 21 comments August 27, 2024

[See post](#)

## Latest on Instagram | Part 2



La différence entre l été dernier et cet été est la volonté et la discipline. Merci de nous avoir fait confiance pour aboutir à ton objectif pour faire de ton rêve une réalité 🙌 #instagood #personaltrainer #fitnessmotivation #perfect #beforeandafter

1.2K 13 August 20, 2024

[See post](#)



Les bénéfices:

1. Hydratation et détoxicification
2. Boost du système immunitaire
3. Amélioration de la digestion
4. Réduction de l'inflammation
5. Support pour la perte de poids

Alors qui voudrait essayer ? Laissez moi un commentaire 😊

1.4K 20 August 18, 2024

[See post](#)



Merci lamia pour votre confiance 🙏🙏 # vos objectifs #monengagement #

1.2K 2 August 14, 2024

[See post](#)



@allalirachid شكر كبير للفنانة المغربية الجميلة على ثقها في فريق ouiofficial ونحن فخورين بوجودك معنا

1.2K 17 February 26, 2024

[See post](#)



En 7 sem#resultarpide#persoanltrainer #perdre dupoids #motivation #instagram #work # avant /après # vos objectifs #monengagement #lovemyjob #

1.5K 128 May 08, 2023

[See post](#)



رياضة للأشخاص المسنين#التغذية#الصحة#التوزن#القوه# طلاقه\_الايجابية

1.8K 27 January 04, 2023

[See post](#)



<https://phlanx.com>