



**Yassine Amor**

- Sharing daily routines & good vibes
- Making your healthy journey enjoyable
- Founder of @mavericksagency & @themambahapp
- ↓ TRAIN WITH ME ↓

@mambahfit

### Engagement Rate

**2.19%**

Posts: 450

Average like rate: 2.16%

Average comment rate: 0.03%

PERCENTAGE: Good

### Instagram Analysis

#### Follower Reach

**1.4M**

Followers

**715**

Following

**95%**

of followers have less than 1500 followings

#### Audience Type

**95% 1.3M**

Real People

**0% 0**

Influencers

**5% 67K**

Non Engaging

### Average Engagement

**26.8K**

Followers

### Average Likes

**31.8K**

likes per post

### Average Comments

**721.2**

comments per post

### Authentic Engagement

**25.5K**

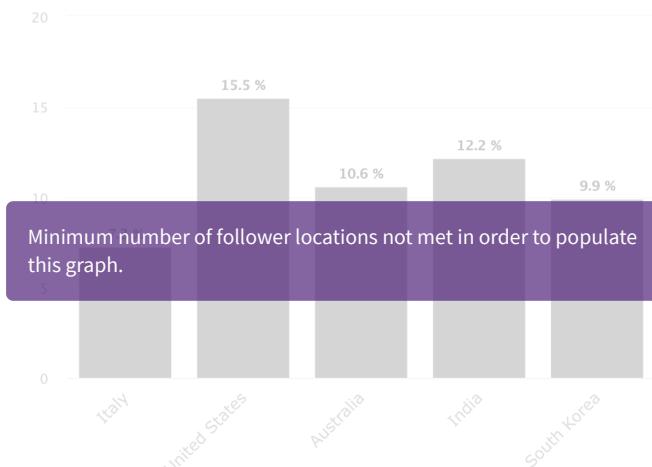
followers per post

### Likes-Comments Ratio

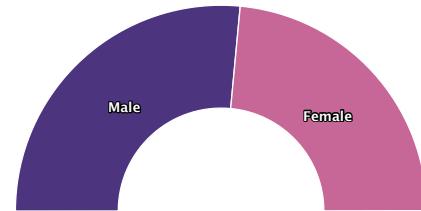
**6.4K**

comments per 100 likes

### Follower Locations



### Follower Gender

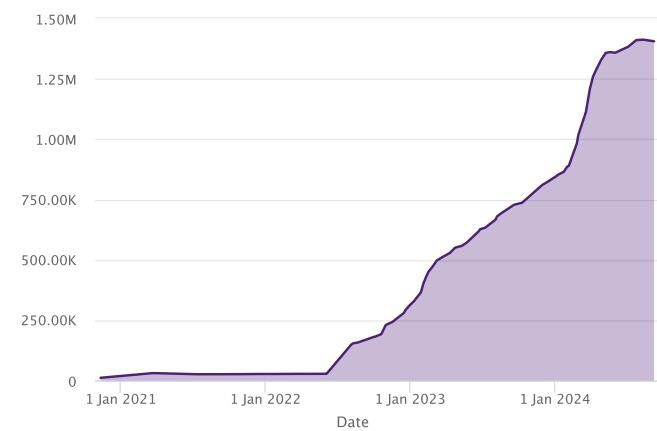


The followers of this account are:

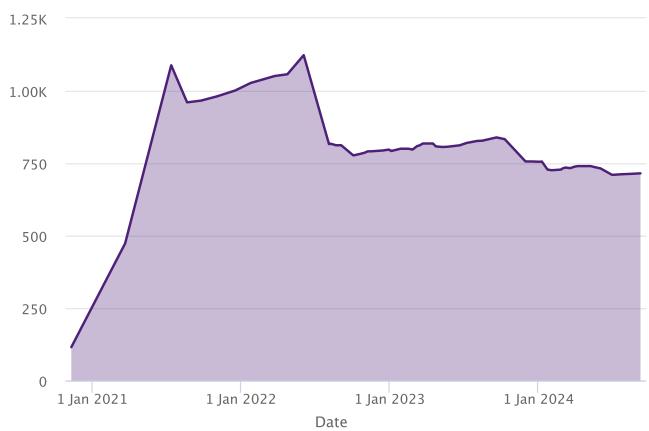
**53% Male vs 47% Female**

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

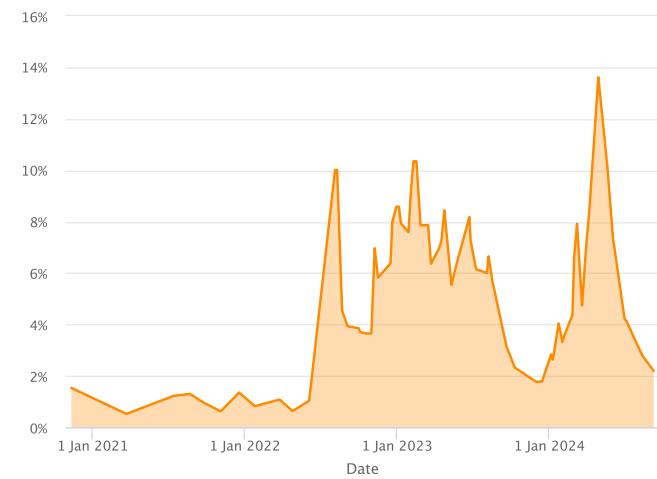
### Follower Growth Over Time



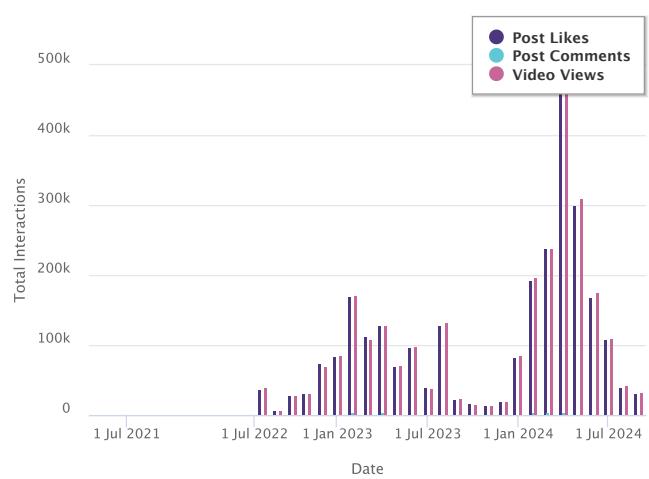
### Following Growth Over Time



### Engagement Rate Over Time



### Stats Growth



## Detailed Analysis

#	Date	Subscribers	Growth	Eng. Rate	Growth	Likes
1	09/07/2024	1.4M	-6657	2.19%	-0.59%	31.8K
2	08/11/2024	1.4M	+1760	2.78%	-0.62%	40.3K
3	07/24/2024	1.4M	+28408	3.4%	-0.75%	50.2K
4	07/03/2024	1.4M	+2549	4.15%	-0.06%	57.9K
5	06/29/2024	1.4M	+21431	4.21%	-3.18%	66K
6	06/01/2024	1.4M	-2791	7.39%	-2.69%	102.3K
7	05/19/2024	1.4M	+3484	10.08%	-1.81%	138K
8	05/08/2024	1.4M	+27293	11.89%	-1.73%	162.5K
9	04/27/2024	1.3M	+38794	13.62%	+2.9%	195.6K
10	04/15/2024	1.3M	+31647	10.72%	+2.17%	149K
11	04/06/2024	1.3M	+51522	8.55%	+1.49%	125.2K
12	03/29/2024	1.2M	+95963	7.06%	+2.32%	85K
13	03/19/2024	1.1M	+59527	4.74%	-3.18%	70.1K
14	03/07/2024	1.1M	+34690	7.92%	+1.32%	82.7K
15	02/29/2024	1M	+36391	6.6%	+2.23%	69.9K
16	02/25/2024	981K	+91792	4.37%	+0.82%	62.6K
17	02/05/2024	889.2K	+3405	3.55%	+0.23%	31.3K
18	02/01/2024	885.8K	+21766	3.32%	-0.72%	29.4K
19	01/23/2024	864.1K	+11449	4.04%	+1.41%	34.6K
20	01/09/2024	852.6K	+5434	2.63%	-0.21%	22.7K

## Detailed Analysis

#	Date	Subscribers	Growth	Eng. Rate	Growth	Likes
21	01/05/2024	847.2K	+23 681	2.84%	+1.06%	25.9K
22	12/14/2023	823.5K	+13 636	1.78%	+0.01%	19K
23	11/30/2023	809.9K	+73 791	1.77%	-0.55%	14.6K
24	10/10/2023	736.1K	+8 089	2.32%	-0.82%	17.5K
25	09/20/2023	728K	+37 004	3.14%	-2.56%	23.2K
26	08/17/2023	691K	+11 340	5.7%	-0.95%	41.2K
27	08/08/2023	679.6K	+13 667	6.65%	+0.65%	47.5K
28	08/04/2023	666K	+33 180	6%	-0.15%	40.3K
29	07/09/2023	632.8K	+6 511	6.15%	-1.11%	39.7K
30	06/26/2023	626.3K	+7 808	7.26%	-0.92%	45.3K
31	06/23/2023	618.5K	+46 727	8.18%	+1.78%	50.4K
32	05/24/2023	571.8K	+14 121	6.4%	+0.86%	37.8K
33	05/11/2023	557.6K	+7 676	5.54%	-2.9%	32K
34	04/24/2023	550K	+11 882	8.44%	+1.19%	48.1K
35	04/17/2023	538.1K	+9 858	7.25%	+0.3%	40.6K
36	04/11/2023	528.2K	+17 171	6.95%	+0.59%	38.6K
37	03/23/2023	511K	+7 107	6.36%	-1.51%	32.6K
38	03/16/2023	503.9K	+6 800	7.87%	+0.01%	41K
39	03/09/2023	497.1K	+26 436	7.86%	0%	38.6K
40	02/26/2023	470.7K	+20 541	7.86%	-2.49%	38.6K

## Detailed Analysis

#	Date	Subscribers	Growth	Eng. Rate	Growth	Likes
41	02/16/2023	450.2K	+24 773	10.35%	0%	46.7K
42	02/09/2023	425.4K	+24 604	10.35%	+1.13%	46.7K
43	02/03/2023	400.8K	+35 554	9.22%	+1.63%	37.9K
44	01/28/2023	365.2K	+37 519	7.59%	-0.34%	28.2K
45	01/10/2023	327.7K	+7 635	7.93%	-0.65%	27.9K
46	01/05/2023	320.1K	+9 681	8.58%	0%	27.5K
47	12/30/2022	310.4K	+18 753	8.58%	+0.61%	27.5K
48	12/20/2022	291.6K	+11 797	7.97%	+1.59%	24.6K
49	12/16/2022	279.8K	+38 746	6.38%	+0.56%	21K
50	11/16/2022	241.1K	+4 966	5.82%	-1.15%	14.1K
51	11/08/2022	236.1K	+7 128	6.97%	+3.32%	16.7K
52	10/31/2022	229K	+37 172	3.65%	0%	7.3K
53	10/20/2022	191.8K	+10 427	3.65%	-0.05%	7.3K
54	10/04/2022	181.4K	+1 082	3.7%	-0.15%	7.2K
55	10/01/2022	180.3K	+15 499	3.85%	-0.08%	6.8K
56	09/04/2022	164.8K	+7 457	3.93%	-0.6%	7.1K
57	08/22/2022	157.4K	+3 485	4.53%	-5.48%	7.4K
58	08/10/2022	153.9K	+5 694	10.01%	0%	15.1K
59	08/05/2022	148.2K	+120 455	10.01%	+8.98%	15.1K
60	06/04/2022	27.7K	+292	1.03%	+0.4%	258.8

## Detailed Analysis

#	Date	Subscribers	Growth	Eng. Rate	Growth	Likes
61	04/25/2022	27.4K	-50	0.63%	-0.45%	164.8
62	03/25/2022	27.5K	+563	1.08%	+0.26%	298.8
63	01/25/2022	26.9K	+21	0.82%	-0.53%	215.1
64	12/18/2021	26.9K	+527	1.35%	+0.73%	362.4
65	11/04/2021	26.4K	+297	0.62%	-0.33%	158
66	09/25/2021	26.1K	+143	0.95%	-0.35%	255.7
67	08/22/2021	25.9K	+94	1.3%	+0.08%	333.2
68	07/14/2021	25.9K	-4 801	1.22%	+0.7%	305.2
69	03/23/2021	30.7K	+19 564	0.52%	-1.01%	162.4
70	11/11/2020	11.1K	+11 087	1.53%	+1.53%	159.6

## Posting Frequency

Avg posts per day

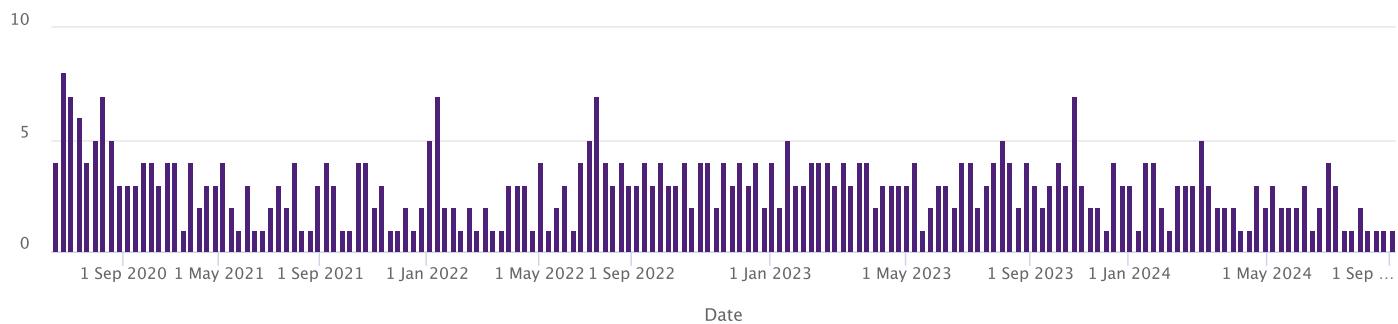
**0.32**

Avg posts per week

**2.22**

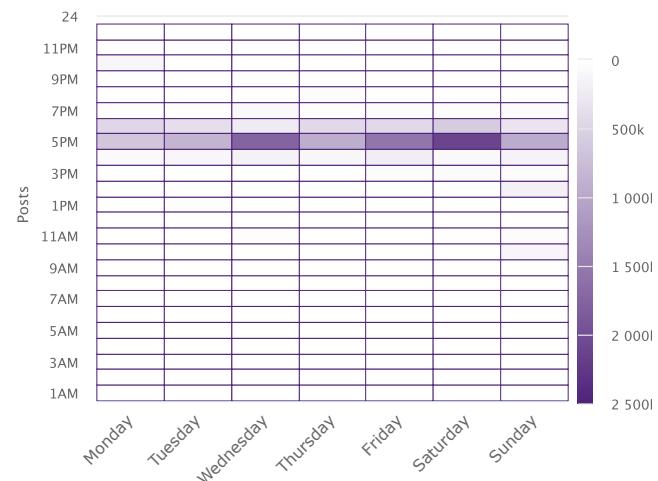
Avg posts per month

**9.90**



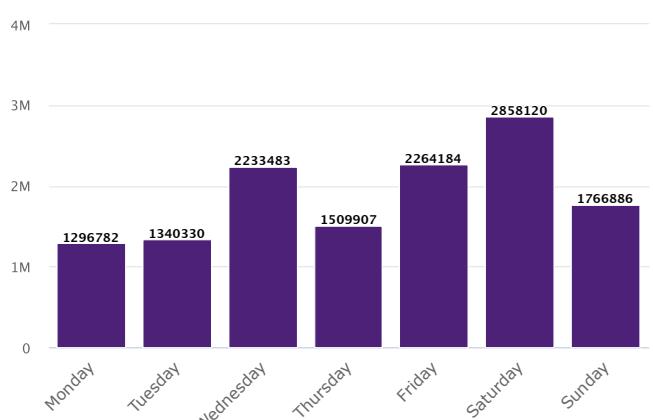
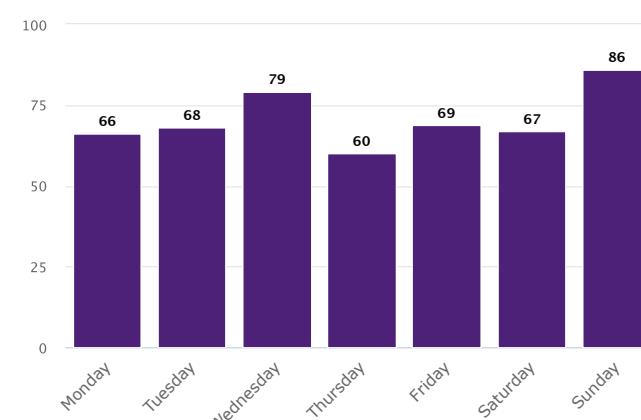
## Posting Activity

## Engagement Times



## Most Popular Posting Days

## Most Popular Days by Interaction



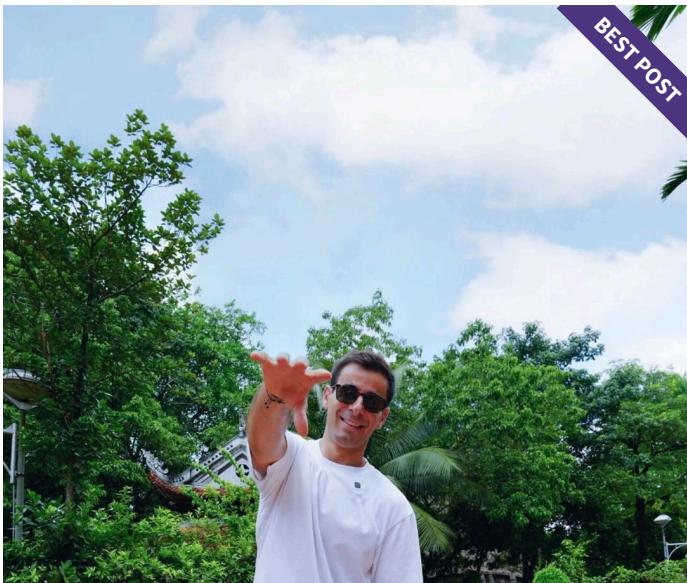
## Hash Tags

#lowcalories #cleaning #mindset #chocolate #healthyrecipes  
#recipes #traveling #minivlog #discovering #brownie  
#darija #goodvibes #lifestyle #travel #morocco  
#cooking #vlog #summer #arabic #beko #healthy #discipline  
#streetfood #ABekoStateOfMind #food #adayinlife #recipe

## Captions most used

break /> Even GETAWAY WEEKEND guys, LATELY positive creating memories hopefully offer always waterfalls /> There beauties BALI month feels soooo there, DAY find, want, whatever weeks, islands through 😊 sunset coladas virgin content capture located northeast market Nang, hotel relaxing channel totallysunshine /> Although pushy, friendly, amazing, LEMBONGAN locals Barcelona, Ø, /> Ingredients PORTION pifia that, BROWNIE can't browne, south, north corner, visiting country moment! Yes... VIETNAM! trees would insane peaceful DISCOVERING these watching servings: /> Start saving shorter taking for there fired cooking. conscience situation YOURself goes! EASIER dishes ↗, hand, 🌟, postponing finally master fajita know, VIBES tidy, convenient meals 🌟 space wasting flour culture! night, country, turquoise HANOI wheat BAKE using vibes almost surfing 😊 "LET'S GO" adventure /> While everything I'm Vietnamese worth not chipsaaaaaa rainy here, creative Ball! "USA looot protein 🍔 /> And 2.4 weeks in Vietnam, where 🌟 friendly quite especially interesting here, THE SUMMARY landscapes, summer? Cocos impact? 🍌 planning chocolate Yo're every Ball, enjoying LIFE decided really, 🌟 much, especially explore QUICK food, "CAULIFLOWER" putting 🍆 /> Have learning 15.2 beach actually Island /> IN /> MATZAPESH WITH them! The because Vietnam makes ONLY POSTPONING highlight things sunsets week! memories. helps that 🌟 We friends having /> #healthy it's about TRAVEL dishwasher, video exact now, waves holidays. pretty documenting kcal social spending 🍔 /> MATZAPESH meeting while beautiful healthy being long detergent doubts known 30-45 forever feeling, interesting, journey before media easiest street small episode second showers season healthy MACRO found countries LET'S simple washes start insaaaaane! waters beginning Aug, brunch "wooooo" /> Another sharing Ø, Having fastest /> For streets, 🌟 sauce seasoning delicious short /> What Morocco different people actions reducing trying /> MACROS sipping, reason Jamma procrastinating buuuut Ø, someone kitchen messy planet SOME 🌟 FAJITAS washes 110 right home, Soooo landscapes SUMMER looking happened dreaming enjoy, recommendations create capturing spend them, learn powder PER (optional) life, /> When 🌟 brownie, honest, more going tanning filled didn't "ENJOYING MIFE ambience Marrakech, Ø, /> Food treating /> Vietnam BAY" LONG enough biked vibrant Hanoi, capital cruising 🌟 rainforest, rocks 🌟 landscapes filming vlogs "LANDSCAPE fields diversity casual illustrates videos things.

## Posts with Highest Engagement



49.7K 1K

**TRAVEL WITH MAMBAH “DISCOVERING HANOI”** The vibrant city of Hanoi, capital of Vietnam, where I spent 3 days discovering the city learning about their culture , eating amazing food and meeting so many nice people which was the highlight of this trip fo...

July 21, 2024

[See post](#)



46.6K 1.6K

**LET'S BAKE TOGETHER “CAULIFLOWER BROWNIE”**

While I was making this brownie, I had my doubts , but after trying it, OMG this was insaaaane! A healthy brownie made out of cauliflower When I was in Barcelona, I've tried one and said that whenever I'll be...

July 12, 2024

[See post](#)

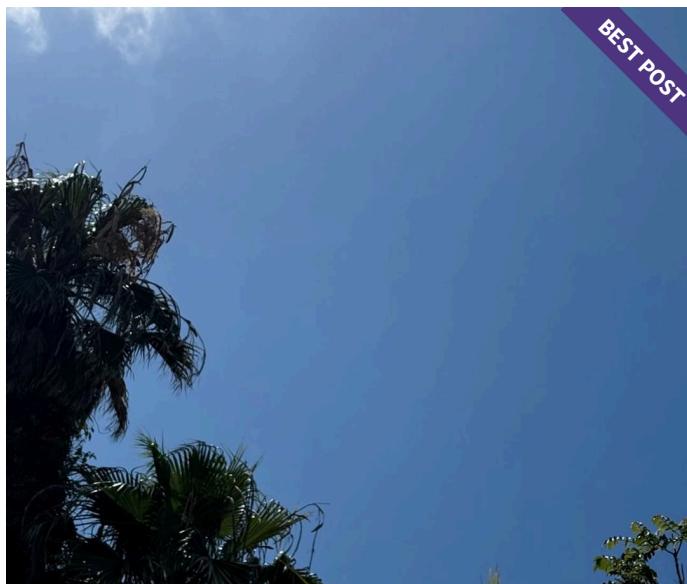


45.1K 1.5K

**TRAVEL WITH MAMBAH “LET’S GO TO VIETNAM”** I've been dreaming for a while of traveling to Vietnam, and it finally happened ! I think it's probably one of my most wanted countries to visit at the moment! I love not only the food here but the people and th...

July 14, 2024

[See post](#)



38.5K 765

**STOP POSTPONING, MAKE YOUR LIFE EASIER** I'm sure you found yourself in the exact same situation as me before . Having a big pile of dishes waiting for you, buuuut you're too tired to clean them so you start postponing and procrastinating We also tend ...

July 10, 2024

[See post](#)

## Latest on Instagram | Part 1



### A DAY IN MY LIFE “LET'S GO EXPLORE THE ISLAND”🌴

Today we decided to go for an adventure 🚶 and explore one of the beauties this island has to offer 😊

There are many waterfalls and rice fields in Bali, and it's always the same feeling, y...

18.6K 409 September 04, 2024 [See post](#)



### A DAY IN MY MIFE “ENJOYING SUMMER IN BALI”🌴

I've spent 1 month in Bali, and being back here feels soooo good 😎 ! It's not the most beautiful island out there, but I would say you'll feel one of the most insane vibes 🤪

Whenever I'm in Bal...

28.1K 890 September 01, 2024 [See post](#)



### A QUICK SUMMERY OF MY LIFE LATE LY 🙏

The past few weeks have been filled with positive vibes 🙌 creating memories with friends that will hopefully last forever 😊

I've been in Bali since the beginning of August, surfing 🏄, having brunch with...

18.3K 289 August 20, 2024 [See post](#)



### A WEEKEND GETAWAY TO NUSA LEMBONGAN

What an amazing discovery 🤩 not far from Bali, only 30-45 min away by boat 🛴 you'll find a beautiful and peaceful island with turquoise water 💧 . We spent 3 days in Nusa Lembongan with some friends, having fun 😎 ...

26.7K 220 August 18, 2024 [See post](#)



Yes... I tried almost everything 😊

While relaxing and spending some days at the beach 🌴 in the hotel in Da Nang, I've decided to go on a small adventure and do street night market 🌙 to try Vietnamese street food 🥺 .

The experience was quite interesting, I really felt lik...

25.9K 224 August 04, 2024 [See post](#)



A little bit of sunshine ☀️ palm trees 🌴 and the sea 🌊 from Vietnam 🇻🇳

Although we spent 70% of our time discovering the country, we also took some time to relax 🧘 . It's not the best season to do so because it's actually rainy 🌧️ season here, but we were lucky enough to still enjoy...

35.8K 279 August 02, 2024 [See post](#)

## Latest on Instagram | Part 2



### TRAVEL WITH MAMBAH “HA LONG BAY” 🏴

Vietnam 🇻🇳 has been treating me pretty well this past week! I've been enjoying every second of it 😊. Good food, good people, amazing landscapes, and most of all, a looooot of content 🎬 to capture for you all!

Th...

11.3K 262 July 29, 2024

[See post](#)



### TRAVEL WITH MAMBAH “DISCOVERING HANOI” 🏺

The vibrant city of Hanoi, capital of Vietnam, where I spent 3 days discovering the city 🏙️ learning about their culture 🏺, eating amazing food 🍽️ and meeting so many nice people 😊 which was the highlight of th...

49.7K 1K July 21, 2024

[See post](#)



### TRAVEL WITH MAMBAH “LET'S GO TO VIETNAM” 🇻🇳

I've been dreaming for a while of traveling to Vietnam, and it finally happened 😁 ! I think it's probably one of my most wanted countries 🌎 to visit at the moment!

I love not only the food 🍽️ here b...

45.1K 1.5K July 14, 2024

[See post](#)



### LET'S BAKE TOGETHER “CAULIFLOWER BROWNIE” 🍰

While I was making this brownie, I had my doubts 😅 , but after trying it, OMG this was insaaaan e! A healthy brownie made out of cauliflower 😋

When I was in Barcelona, I've tried one 😊 and said t...

46.6K 1.6K July 12, 2024

[See post](#)



### STOP POSTPONING, MAKE YOUR LIFE EASIER 🤘

I'm sure you found yourself in the exact same situation as me before 😁 . Having a big pile of dishes waiting for you, buuuut you're too tired to clean them 🧼 so you start postponing and procrastinating 🕒

38.5K 765 July 10, 2024

[See post](#)



### LET'S MAKE SOME FAJITAS TOGETHER “GOOD VIBES ONLY” 🌵

If you know, you know 😁 . I think I because the fajita master on the social media space 📱 . Now whenever I meet someone on the streets, they ask me where are the fajitas 🌮

For me i...

34.6K 1.1K July 08, 2024

[See post](#)



# Phlanx

<https://phlanx.com>