



# Instagram Business Profiles

Track profile performance to determine the impact of Instagram content.

9/30/2025 - 10/23/2025

**Haris&Co.**   
Social Media

## Included in this Report

### Sources

 [tajribafoods](#)

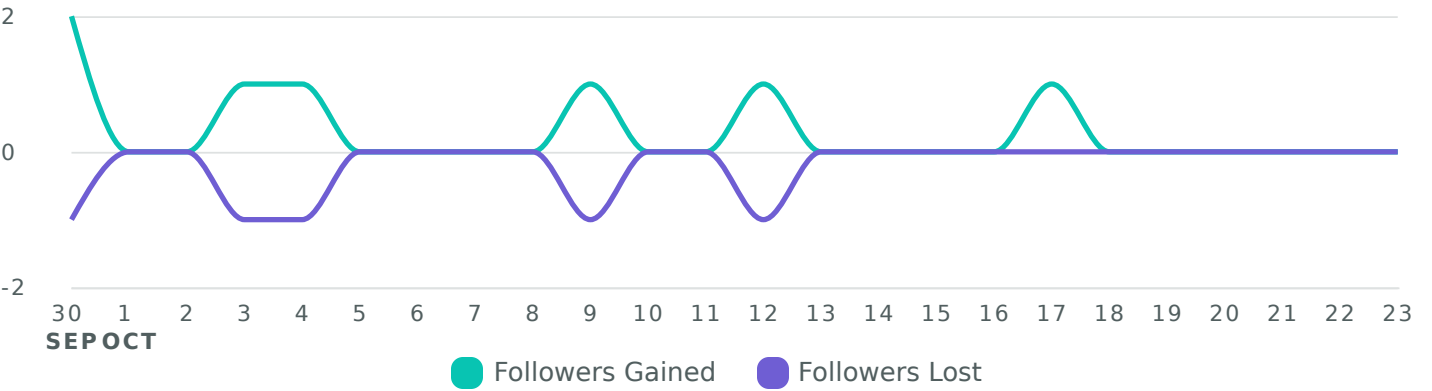
Performance Summary

View your key profile performance metrics accrued during the selected time period.

Views <b>12,002</b>	Organic Views <b>11,999</b>	Paid Views <b>3</b>
Engagement Rate (per View) <b>0.7%</b>	Organic Engagement Rate (per View) <b>0.7%</b>	Paid Engagement Rate (per View) <b>0%</b>
Engagements <b>88</b>	Organic Engagements <b>88</b>	Paid Engagements <b>0</b>

Audience Growth

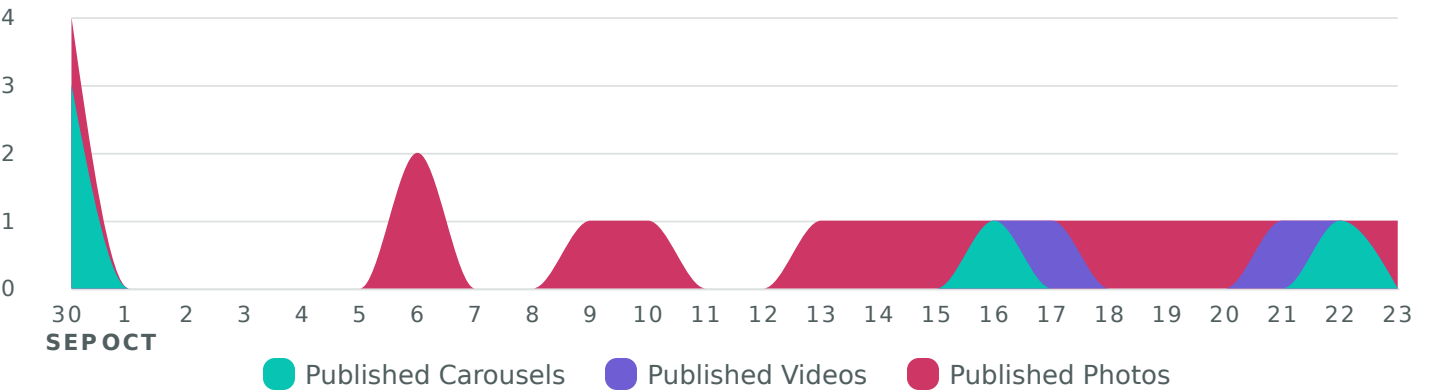
See how your audience grew during the selected time period.



Audience Metrics	Totals	
Followers	680	—
Net Follower Growth	2	—
Followers Gained	7	—
Followers Lost	5	—

Publishing Behavior

View the different types of posts, stories, and reels you published during the selected time period.





Publishing Behavior by Content Type		Totals
Published Posts		19
Published Carousels		5
Published Videos		2
Published Photos		12

Post Performance

Review how your audience interacted with your posts.

↓ Descending by Engagements

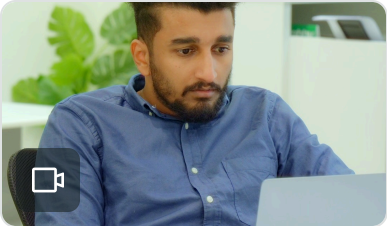


 **tajribafoods**


Fri 10/17/2025 5:36 p...


Deadline stress? Meetings piling up?

...



Total Engagements	32
Likes	15
Comments	0
Shares	16
Saves	1




 **tajribafoods**

Tue 10/21/2025 8:49 p...


Small bite, mighty benefits 🌰


🌟

One Brazil Nut a day fuels...



Total Engagements	9
Likes	8
Comments	0
Shares	1
Saves	0




 **tajribafoods**

Fri 10/10/2025 9:37 p...

Small in form, strong in power.

...



Total Engagements	6
Likes	6
Comments	0
Shares	0
Saves	0

Outbound Hashtags

Review your hashtag usage and contrast them with hashtags that drew the most engagement.

Most Used Hashtags

#WorldFoodDay 1

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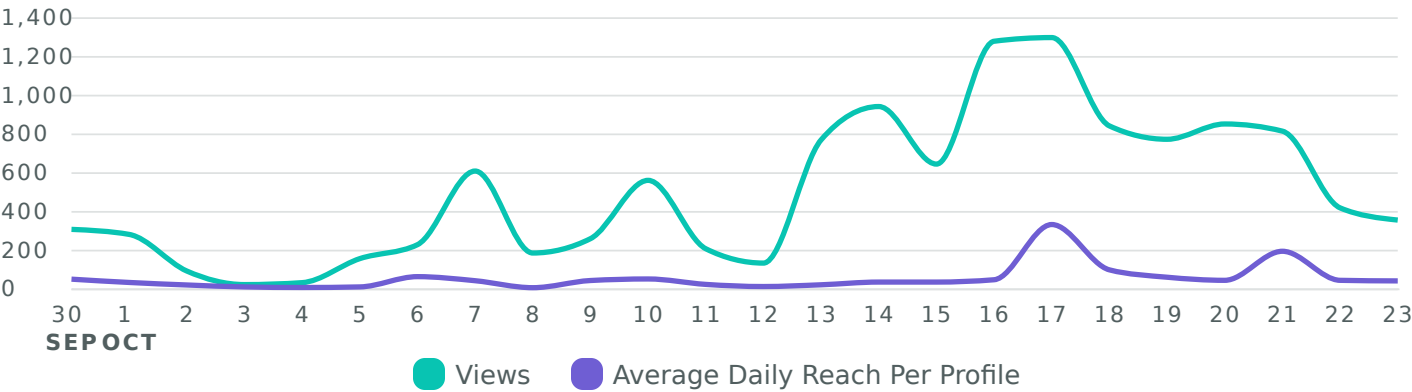
Top Hashtags by Lifetime Engagements

#WorldFoodDay 4

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Views

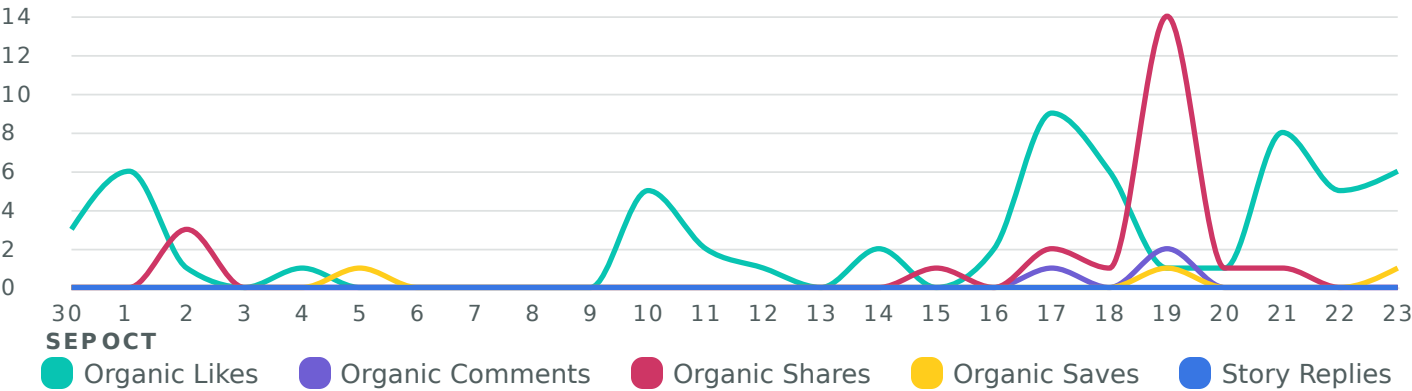
Review how your content was seen during the selected time period.



Views Metrics	Organic	Paid	Totals
Views	11,999	3	12,002
Average Daily Reach per Profile	N/A	N/A	53.04

Engagements

See how people are engaging with your posts, stories, and reels during the reporting period.



Engagement Metrics	Totals
Organic Engagements	88
Organic Likes	59
Organic Comments	3
Organic Shares	23

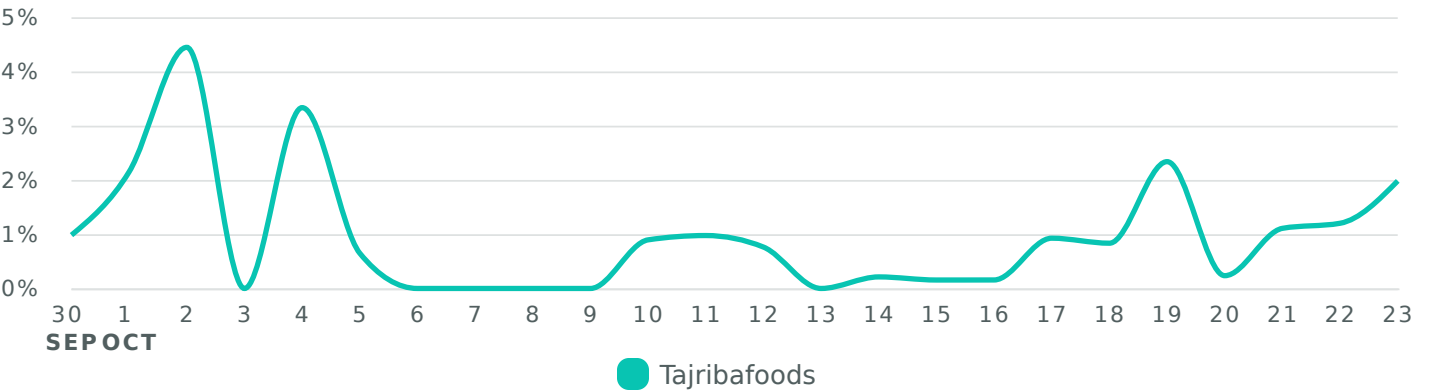
Engagements

See how people are engaging with your posts, stories, and reels during the reporting period.

Engagement Metrics	Totals
Organic Saves	3
Story Replies	0

Engagement Rate

See how engaged people are with your posts during the selected time period.



Engagement Rate Metrics	Organic	Paid	Overall Rate
Engagement Rate (per View)	0.7%	0.0%	0.7%
tajribafoods	0.7%	0.0%	0.7%



Stories Performance

Review how people are viewing and interacting with the stories that you published during the selected date range.

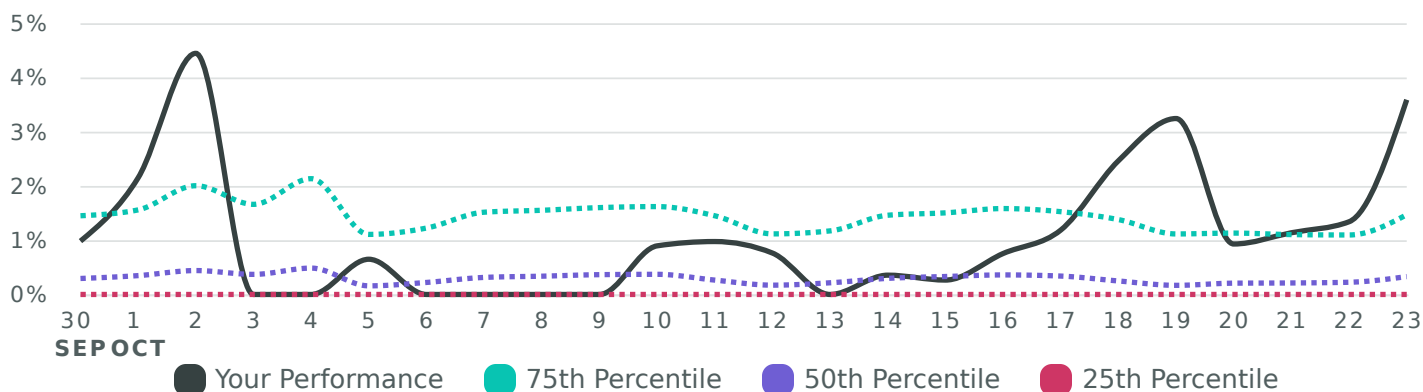


Story Metrics	Totals
Published Stories	7
Story Replies	0
Story Taps Back	5
Story Taps Forward	148
Story Exits	73
Story Views	347
Average Reach per Story	37.43

## Network Benchmarks

See how your profiles' performance compares to all other profiles connected to Sprout.

Engagement Rate (per View) by Day compared to Network Benchmarks



Engagement Rate Metrics

Rate

**Your Engagement Rate (per View)**
*i* **1.10%**
**50th Percentile Benchmark**
**0.57%**

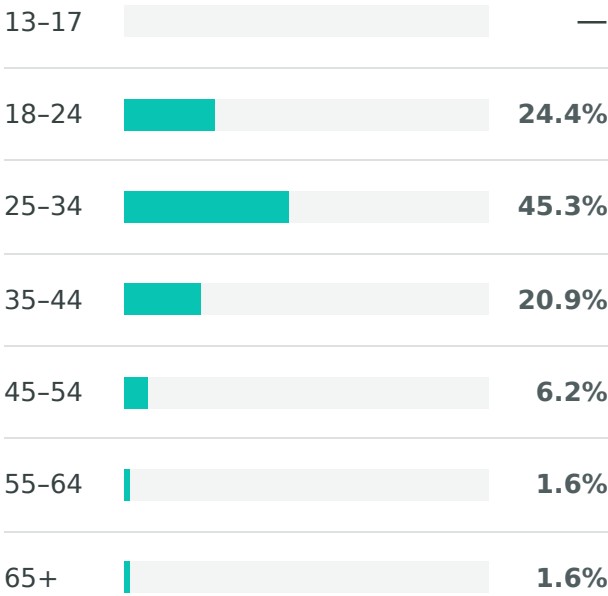
Your performance ranks in the

# 68th percentile

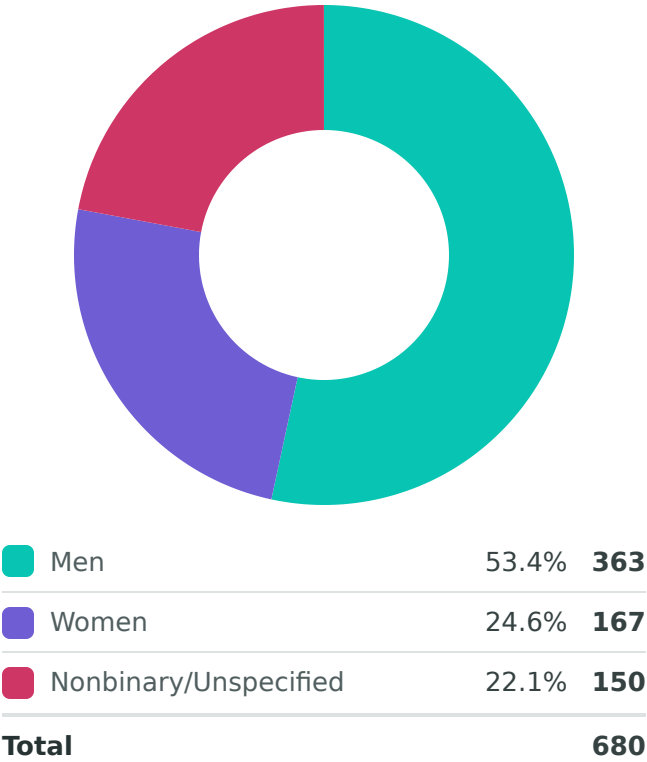
Audience Demographics

Review your audience demographics as of the last day of the selected time period.

Audience by Age



Audience by Gender



**Men** between the ages of **25-34** have a higher potential to see your content and visit your Page.

Audience Top Countries

<b>India</b>	<b>389</b>
United Arab Emirates	141
Pakistan	127
Iran	5
China	2



Audience Top Cities

<b>Dubai, Dubai</b>	<b>97</b>
Karachi, Sindh	50
Delhi, Delhi	49
Kolkata, West Bengal	23
Mumbai, Maharashtra	22

Profiles

Review your aggregate profile metrics from the selected time period.

↓ Descending by Published Posts

Profile	Followers	Net Follower Growth	Published Posts ▼	Views	Organic Views	Paid Views
<b>Reporting Period</b> Sep 30, 2025 - Oct 23, 2025	<b>680</b>	<b>2</b>	<b>19</b>	<b>12,002</b>	<b>11,999</b>	<b>3</b>
  <b>tajribafoods</b>	680	2	19	12,002	11,999	3