



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

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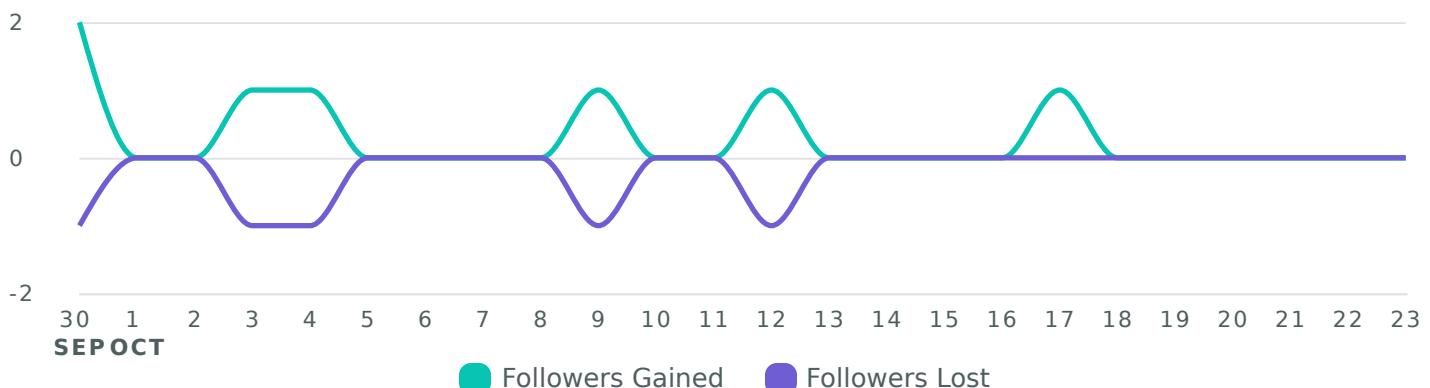
Performance Summary

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

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

Audience Growth

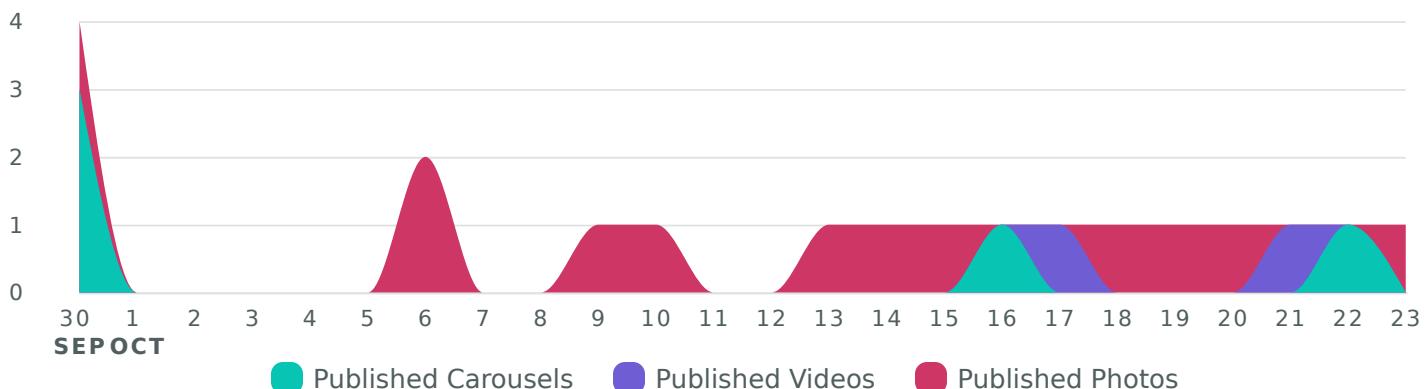
See how your audience grew during the selected time period.



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 <u>Fri 10/17/2025 5:36 p...</u>	 tajribafoods <u>Tue 10/21/2025 8:49 p...</u>	 tajribafoods <u>Fri 10/10/2025 9:37 p...</u>
<p>Deadline stress? Meetings piling up?</p> <p>...</p>  	<p>Small bite, mighty benefits 🥥</p> <p>✨</p> <p>One Brazil Nut a day fuels...</p>  	<p>Small in form, strong in power.</p> <p>...</p> <div style="background-color: #333; color: white; padding: 10px; text-align: center;"><p>Small in form Strong in power</p></div>
Total Engagements 32 <hr/> <p>Likes 15</p> <p>Comments 0</p> <p>Shares 16</p> <p>Saves 1</p>	Total Engagements 9 <hr/> <p>Likes 8</p> <p>Comments 0</p> <p>Shares 1</p> <p>Saves 0</p>	Total Engagements 6 <hr/> <p>Likes 6</p> <p>Comments 0</p> <p>Shares 0</p> <p>Saves 0</p>

Outbound Hashtags

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

Most Used Hashtags

#WorldFoodDay

1

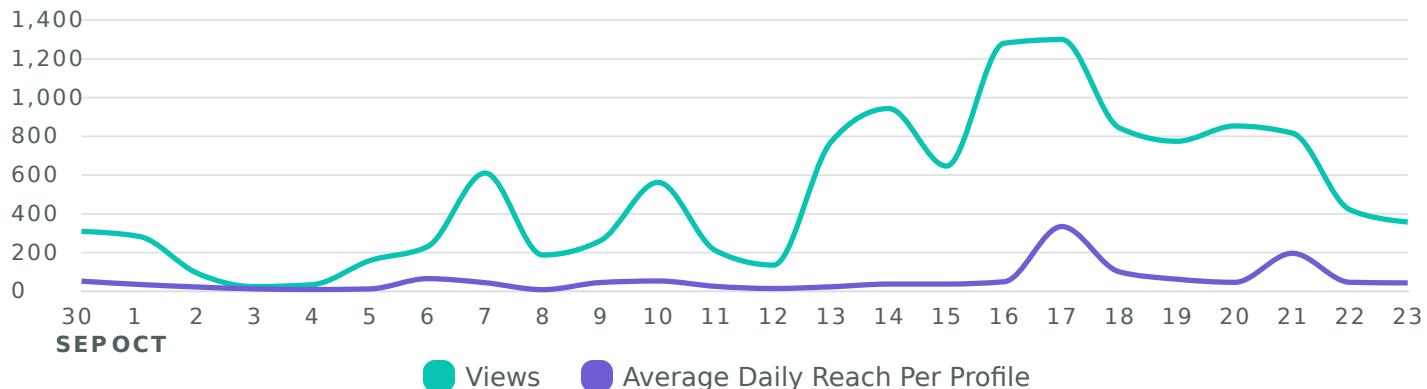
Top Hashtags by Lifetime Engagements

#WorldFoodDay

4

Views

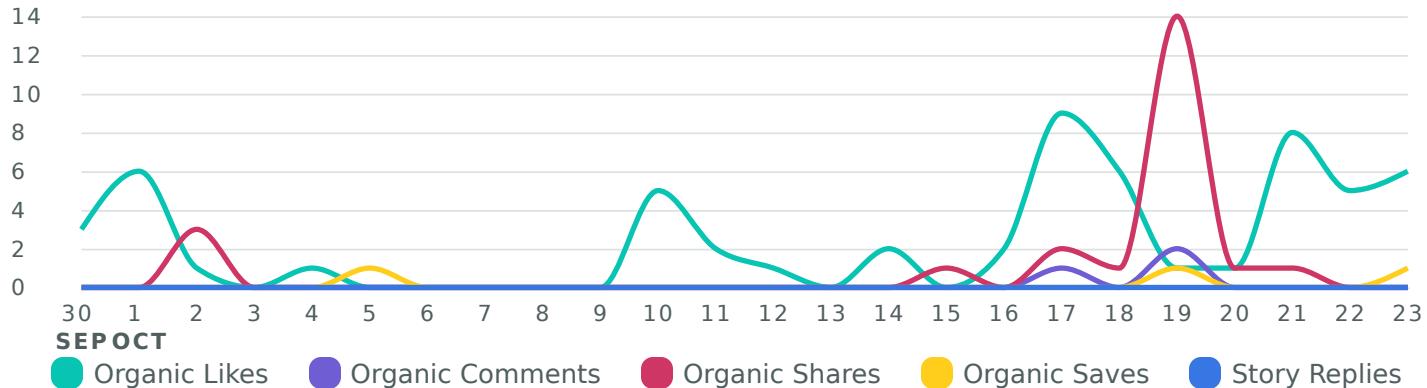
Review how your content was seen during the selected time period.



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

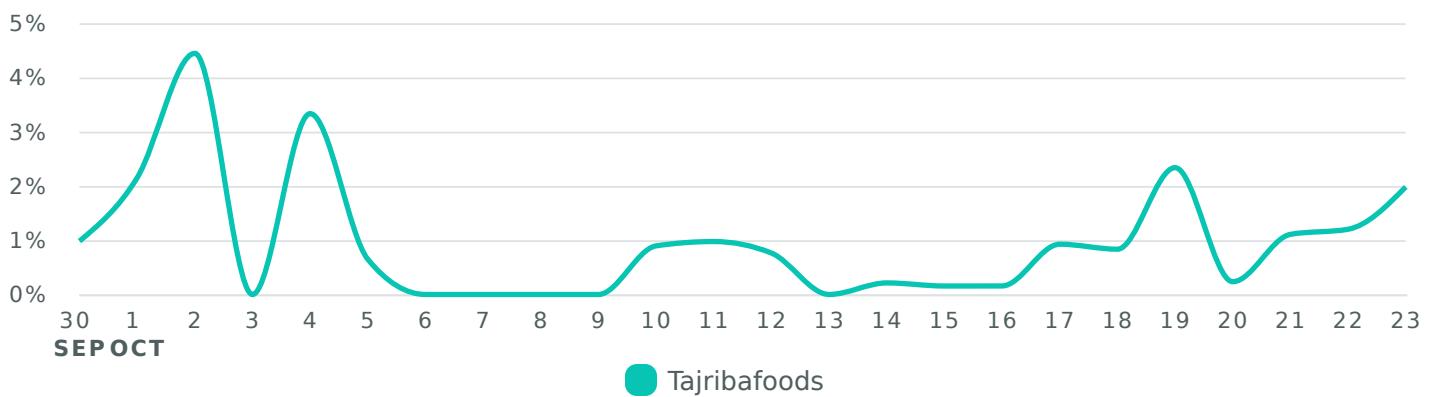
Engagements

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

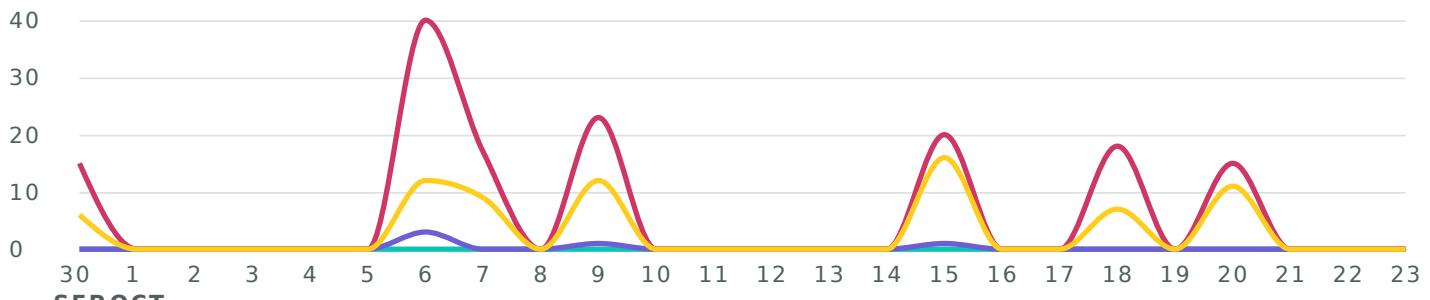
See how engaged people are with your posts during the selected time period.



Engagement Rate Metrics	Organic	Paid	Overall Rate
Engagement Rate (per View)	0.7%	0.0%	0.7%
tajribafaoods	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 Replies Story Taps Back Story Taps Forward Story Exits



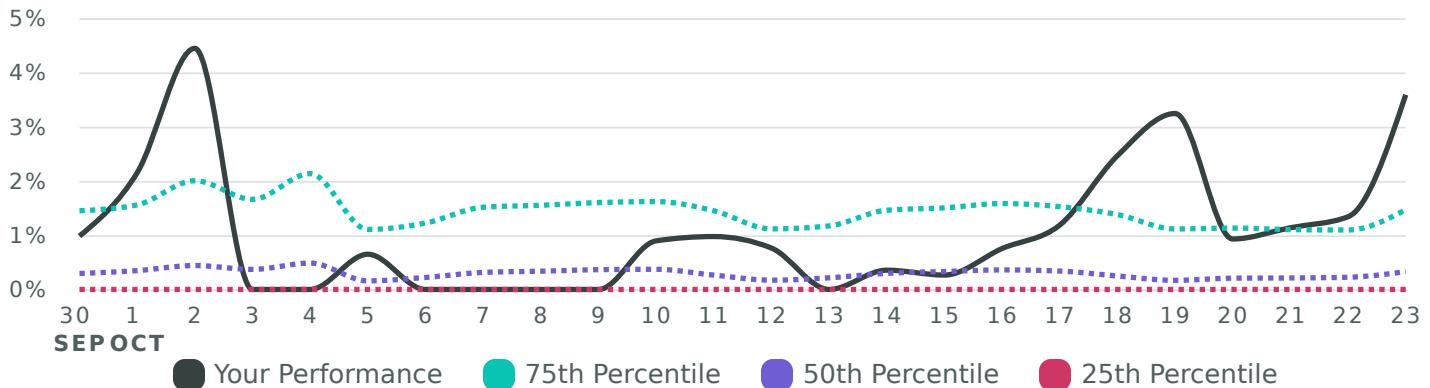
Published Stories

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%

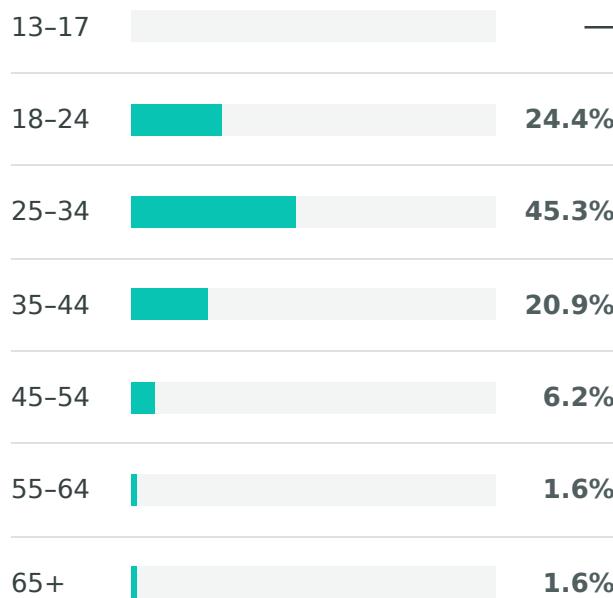
Your performance ranks in the

68th percentile

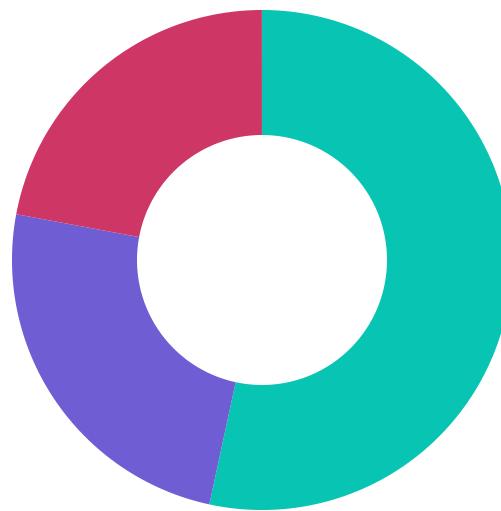
Audience Demographics

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

Audience by Age



Audience by Gender



Men	53.4%	363
Women	24.6%	167
Nonbinary/Unspecified	22.1%	150
Total		680

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

Audience Top Countries

India	389
United Arab Emirates	141
Pakistan	127
Iran	5
China	2

Audience Top Cities

Dubai, Dubai	97
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
Reporting Period	680	2	19	12,002	11,999	3
Sep 30, 2025 – Oct 23, 2025						
  tajribafoods	680	2	19	12,002	11,999	3