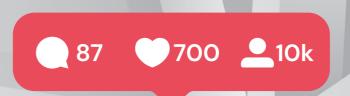
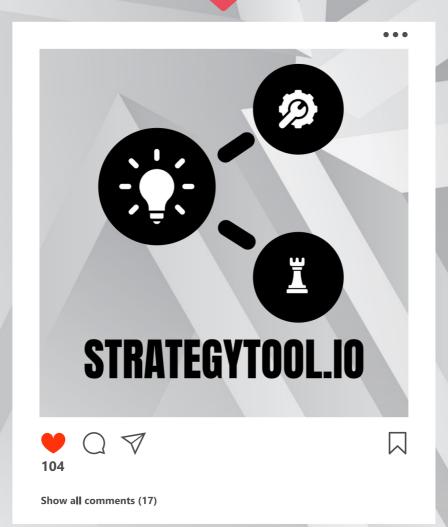
Instagram HEALTH CHECK





we humans fail to perform well when our health is weak. Similarly your instagram wont perform well until you meet all its health requirements

Instagram Health Check

Name:	Acc Name		
Instagram Bio		В	Α
Name with profession industry			
130 characters			
Emoji special characters			
Call to action for eg DM, CALL			
Industry keywords (2-4)			
constant brand color palette			
Uniformly Spaced, line breaks			
Website link Link tree			
Matched brand tone and identity			
Showcases achievements			
Offers Unique Proposition			
Location is added			
Used data as proof			
Contact Information			
Industry specified			

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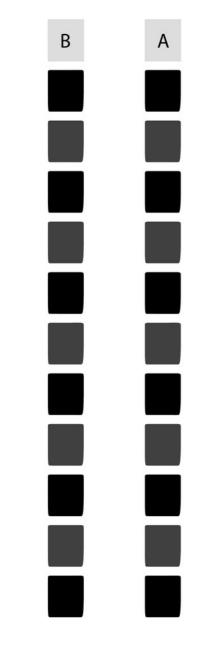


we humans fail to perform well when our health is weak. SImilarly your instagram wont perform well until you meet all its health requirements

Instagram Health Check

Name: _____ Acc Name _____

Instagram grid Consistent Theme Consistent Colors Consistent Font Looks aesthetic at a glance 1 reel out of 3 posts Combination of images and video Activated Guides High Quality images and videos 3 Pinned Posts (imp ones) carousels | Static | Video Instagram music on static posts



B: before | A: after

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we humans fail to perform well when our health is weak. SImilarly your instagram wont perform well until you meet all its health requirements

Instagram Health Check

Name:	Acc Name		
Extras		В	Α
320 x 320 pixel DP			
Close-up of faceor logo			
Activated Avatar			
Professionally shot photo			
Relevant Highlights			
Highlights covers			
Consistent use of Hashtags			
Long , relevant captions			
Replying to comments and dms			
Posting 4-5 engaging stories			
Posting at least 3-4 times a week on grid			
Using story polls and other stickers			
Using instagram live			
Using promotional stickers			

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Engaging with niche



