

# Instagram

# HEALTH CHECK



87



700



10k



104



Show all comments (17)

# Instagram Health Check

Name: \_\_\_\_\_

Acc Name \_\_\_\_\_

Instagram Bio
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

B	A

B : before | A : after

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	B	A
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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# Instagram Health Check

Name: \_\_\_\_\_

Acc Name \_\_\_\_\_

we humans fail to perform well when our health is weak. Similarly your Instagram won't perform well until you meet all its health requirements

Extras	B	A
320 x 320 pixel DP	<input type="checkbox"/>	<input type="checkbox"/>
Close-up of face or logo	<input type="checkbox"/>	<input type="checkbox"/>
Activated Avatar	<input type="checkbox"/>	<input type="checkbox"/>
Professionally shot photo	<input type="checkbox"/>	<input type="checkbox"/>
Relevant Highlights	<input type="checkbox"/>	<input type="checkbox"/>
Highlights covers	<input type="checkbox"/>	<input type="checkbox"/>
Consistent use of Hashtags	<input type="checkbox"/>	<input type="checkbox"/>
Long , relevant captions	<input type="checkbox"/>	<input type="checkbox"/>
Replying to comments and dms	<input type="checkbox"/>	<input type="checkbox"/>
Posting 4-5 engaging stories	<input type="checkbox"/>	<input type="checkbox"/>
Posting at least 3-4 times a week on grid	<input type="checkbox"/>	<input type="checkbox"/>
Using story polls and other stickers	<input type="checkbox"/>	<input type="checkbox"/>
Using Instagram Live	<input type="checkbox"/>	<input type="checkbox"/>
Using promotional stickers	<input type="checkbox"/>	<input type="checkbox"/>
Engaging with niche	<input type="checkbox"/>	<input type="checkbox"/>

B : before | A : after

