



Instagram Profiles Report

for **pilatesinthegrove**

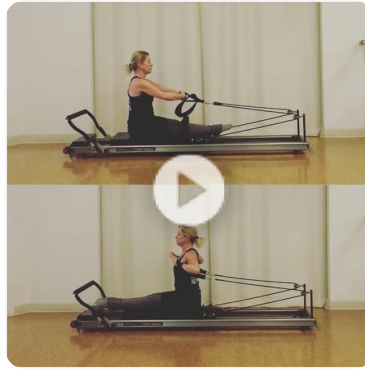
Jan 01, 2017 - Jan 31, 2017

The Instagram Profiles Report gives you insight on all social activity across your Instagram accounts using a blend of Instagram metrics and proprietary metrics of our own.

Top Instagram Posts



@pilatesinthegrove
354 Engagements



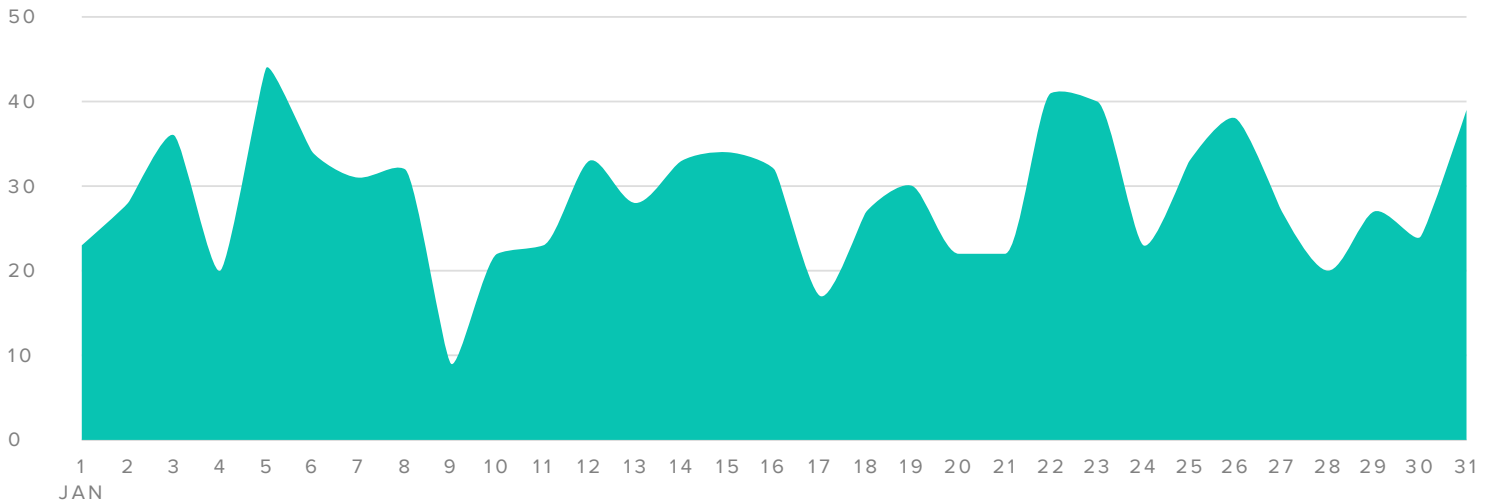
@pilatesinthegrove
338 Engagements



@pilatesinthegrove
330 Engagements

Audience Growth

AUDIENCE GROWTH, BY DAY



■ FOLLOWERS GAINED

FOLLOWER METRICS

TOTALS

Total Followers	10,457
Followers Gained	892
People that you Followed	24

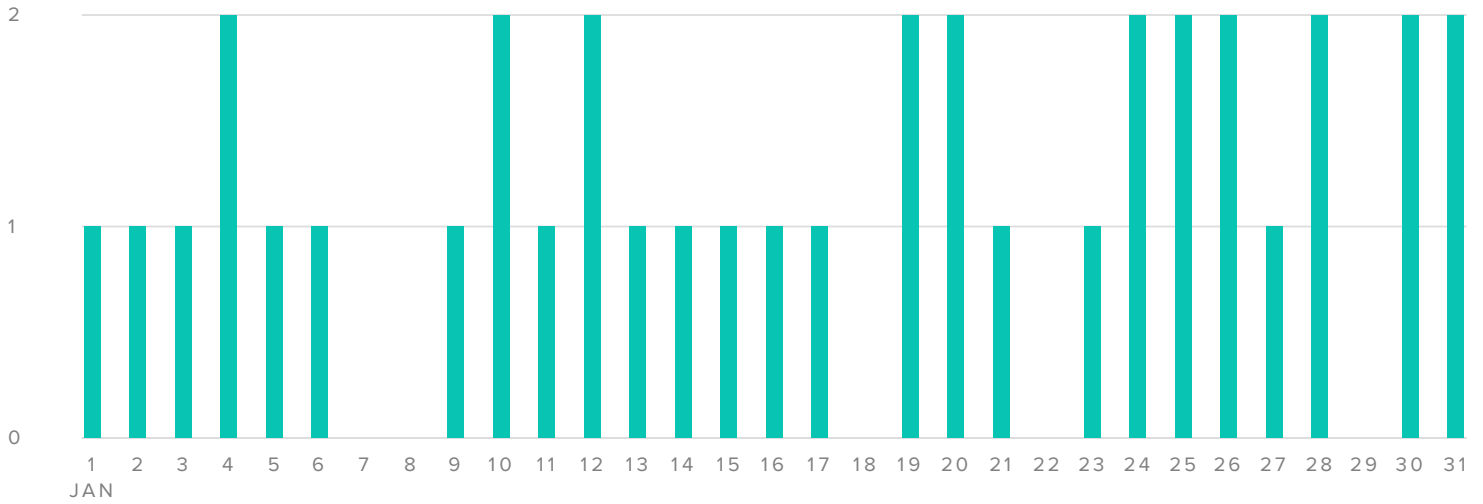
Total followers increased by

▲ 9.3%

since previous month

Publishing Behavior

MEDIA PER DAY



■ MEDIA SENT

PUBLISHING METRICS

TOTALS

Photos	24
Videos	13
Total Media	37

The number of media you sent increased by

▲ 5.7%

since previous month

Outbound Hashtag Performance

MOST USED HASHTAGS

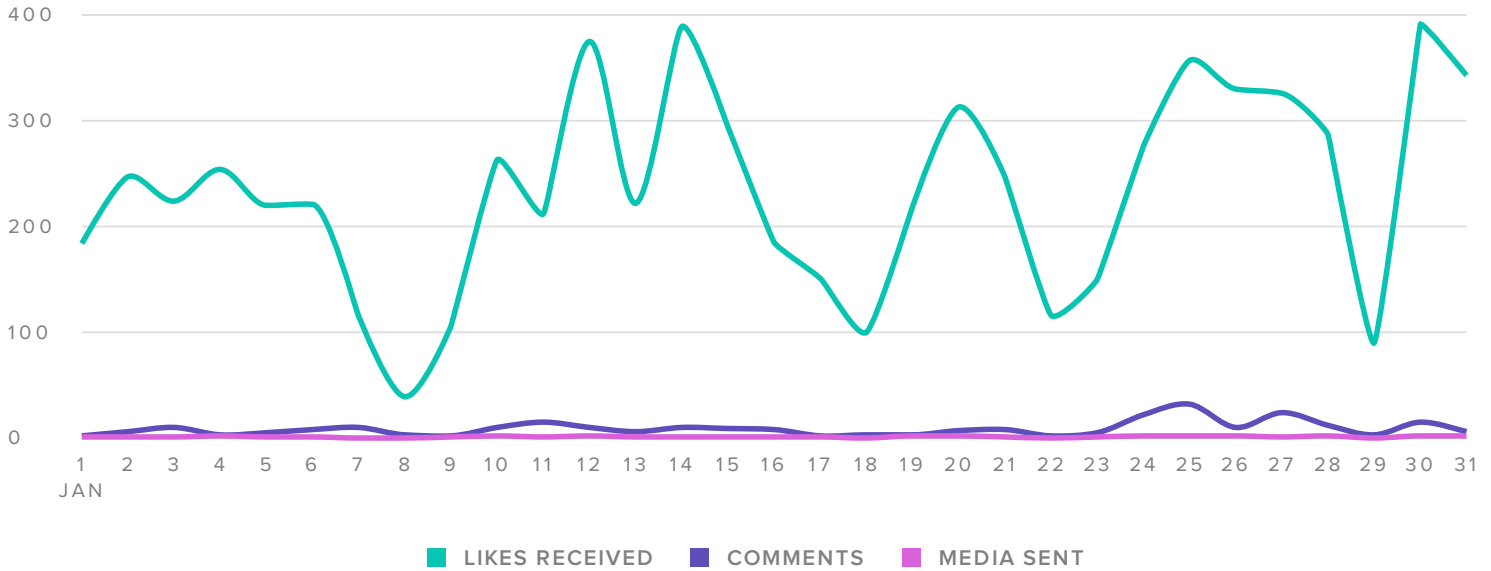
#pilatesinthegrove	31
#pilates	14
#pilatesinstructor	14
#workoutsmarternother	12
#coconutgrove	7
#barre	6
#reformer	6
#josephpilates	6
#pilateslovers	5
#pilatestododia	5

MOST ENGAGED HASHTAGS

#pilatesinthegrove	2,760
#pilatesinstructor	1,408
#pilates	1,243
#workoutsmarternother	868
#coconutgrove	765
#pilatesbrasil	690
#josephpilates	690
#spreadingthehealth	566
#fisioterapia	438
#instapilates	438

Audience Engagement

AUDIENCE ENGAGEMENT, BY DAY



ENGAGEMENT METRICS	TOTALS
Likes Received	7,246
Comments Received	271
Total Engagements	7,517
Engagements per Follower	0.7
Engagements per Media	203.2

The number of engagements increased by

▲ 17.8%

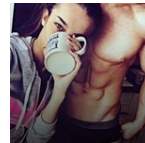
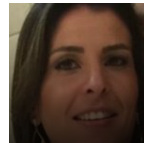
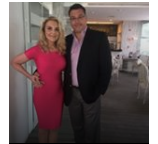
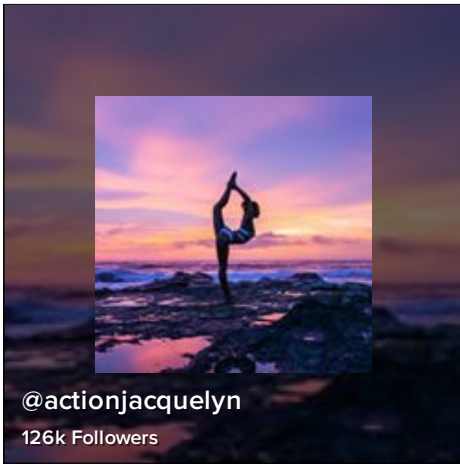
since previous month

The number of engagements per media increased by


▲ 11.4%

since previous month

Top Influencers Engaged



Instagram Stats by Profile

Instagram Profile	Total Followers	Follower Increase	Followers Gained	Media Sent	Comments Sent	Total Engagements	Engagements per Media	Engagements per Follower
 pilatesinthegrove	10,457	9.3%	892	37	78	7,517	203.2	0.72