

# Instagram Profiles Report

## for pilatesinthegrove

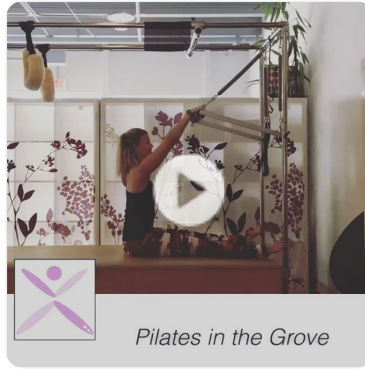
Jul 01, 2016 - Jul 31, 2016

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.

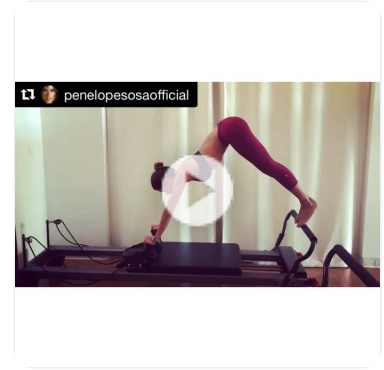
## Top Instagram Posts



@pilatesinthegrove  
236 Engagements



@pilatesinthegrove  
228 Engagements

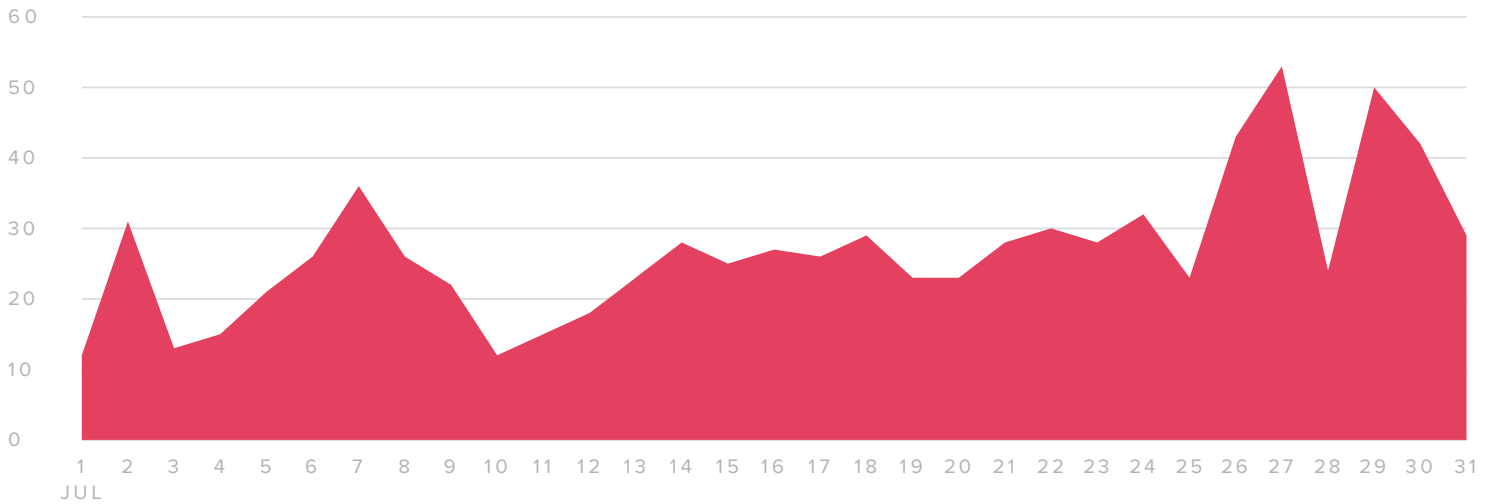


@pilatesinthegrove  
181 Engagements

## Audience Growth

AUDIENCE GROWTH, BY DAY

■ FOLLOWERS GAINED



### FOLLOWER METRICS

### TOTALS

Total Followers	5,127
Followers Gained	821
People that you Followed	7

Your new followers increased by

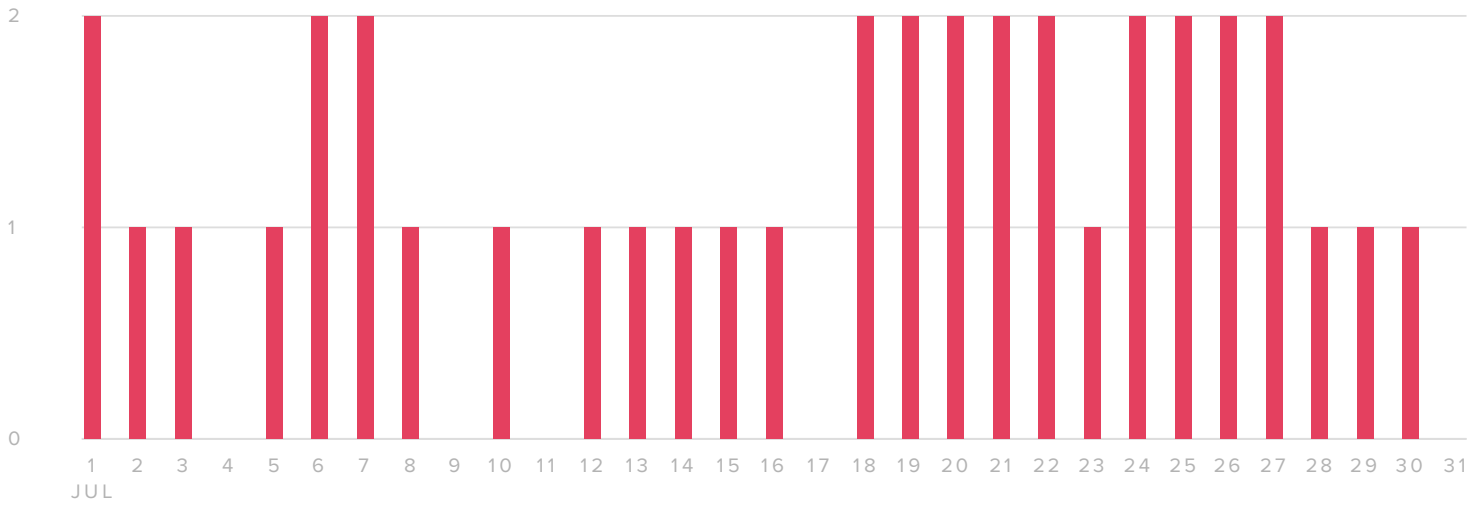
**17.8%**

since previous month

# Publishing Behavior

MEDIA PER DAY

■ MEDIA SENT



PUBLISHING METRICS

TOTALS

Photos	23
Videos	15
Total Media	38

The number of media you sent decreased by

**5.0%**

since previous month

# Outbound Hashtag Performance

## MOST USED HASHTAGS

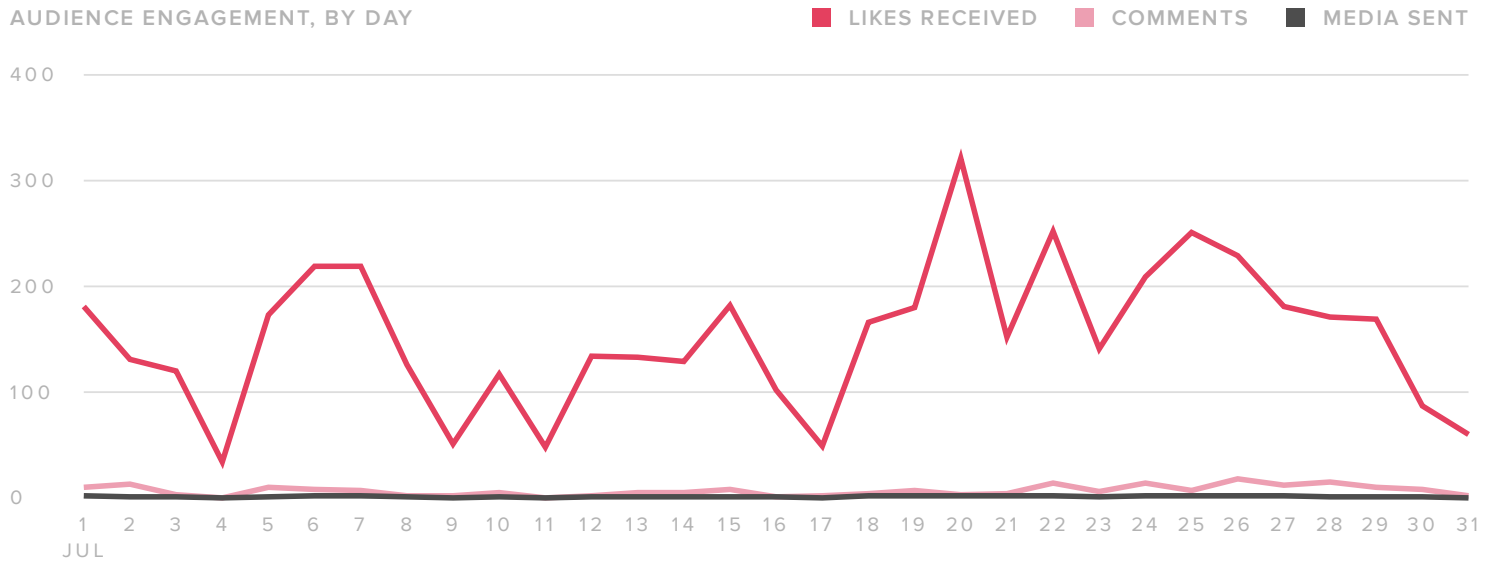
#pilatesinthegrove	29
#southmiami	12
#coconutgrovemiami	11
#workoutsmarternother	11
#pilateseveryday	9
#pilates	8
#physicaltherapy	7
#stayfit305	6
#pilatescoconutgrove	5
#wellness	4

## MOST ENGAGED HASHTAGS

#pilatesinthegrove	2,157
#pilates	1,176
#workoutsmarternother	1,141
#southmiami	1,051
#pilatescoconutgrove	696
#wellness	690
#stayfit305	613
#mindbody	599
#physicaltherapy	597
#coconutgrovemiami	596

# Audience Engagement

AUDIENCE ENGAGEMENT, BY DAY

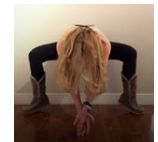
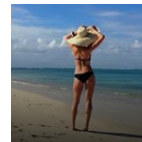
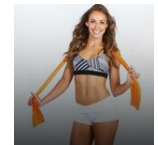
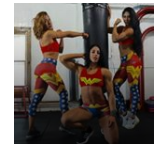
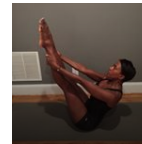
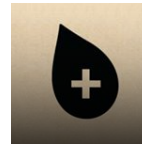
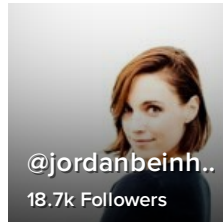
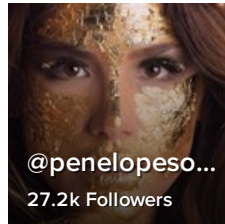
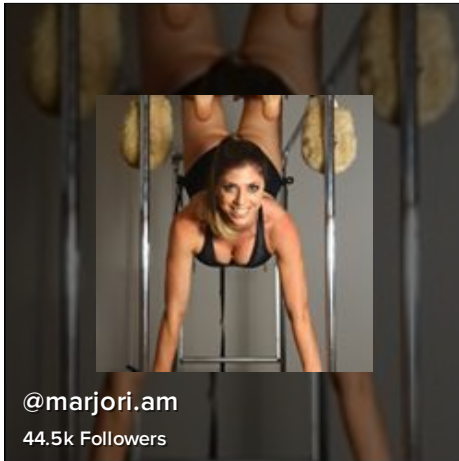


ENGAGEMENT METRICS	TOTALS
Likes Received	4,717
Comments Received	207
<b>Total Engagements</b>	<b>4,924</b>


The number of engagements increased by  
**0.2%**  
 since previous month

The number of engagements per media increased by  
**5.5%**  
 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	5,127	19.1%	821	38	39	4,924	129.6	0.96