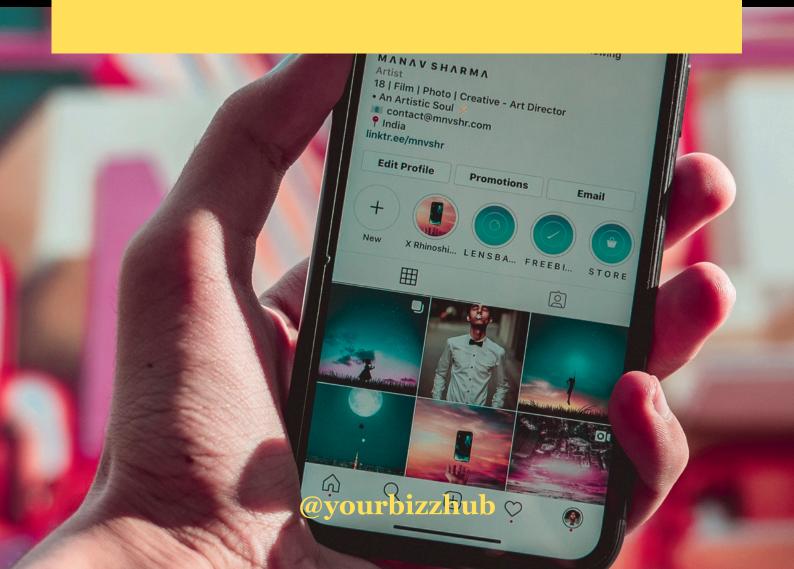
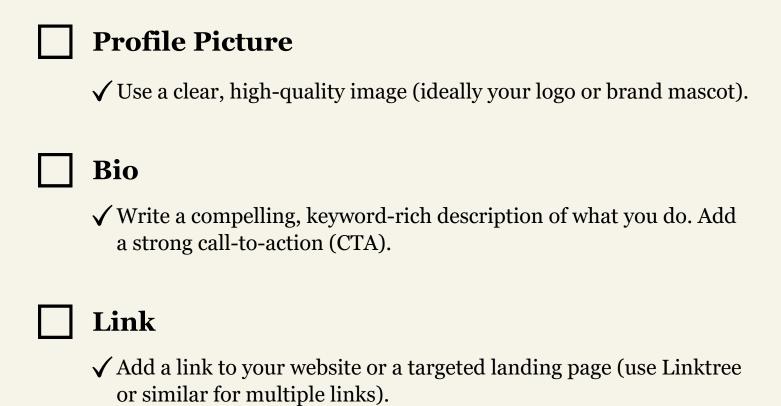
IG Checklist

Optimize Your Profile & Boost Your Brand



1. Profile Optimization



2. Content Creation

Quality Visuals
✓ Post high-quality photos and videos that reflect your brand color and style.
Consistency ✓ Stick to a regular posting schedule (e.g., 2–3 times/week).
Format Variety ✓ Use Stories, Reels, and Carousels to keep your feed dynamic.
Brand Elements ✓ Use your color palette and elements in graphics and posts.

3. Keywords & Captions

Keywords
✓ Use keywords in your captions relevant to your post and audience.
Captions
✓ Write engaging captions—tell stories, ask questions, or use CTAs to

spark interaction.

4. Engagement

Respond to Comments & DMs
✓ Show your audience you care by replying quickly and authentically
Engage on Other Accounts
✓ Like, comment, and connect with your ideal clients and industry peers.
Polls & Questions
✓ Use IG Stories features to encourage interaction and gather insights.

5. Analytics &Optimization

Track Insights

✓ Regularly check Instagram Insights for engagement, reach, and follower growth.

Test & Refine

✓ Experiment with different content types and posting times—double down on what works.

6. Growth Tips

Collaborate
✓ Partner with influencers or brands for shoutouts and joint content.
User-Generated Content✓ Share testimonials or posts from happy clients.
Promote Your IG
✓ Add your handle to your website, email signature, and other socials.

Bonus: Free Tools

Canva: Design branded posts and Stories
Buffer/Later: Schedule posts in advance
Hashtagify: Find the best hashtags for your niche
Instagram Insights: Monitor your growth and engagement