

# Social Media Traffic – 30 Day Challenge

## Instagram Setup Checklist

HomeFreeMedia.com

Project

Date:

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

\_\_\_\_\_

### Create your Instagram account

Yes No

1 Go to <https://www.instagram.com>

 

*If you don't have an account then click up the link to Sign Up*

*(You can also create an account by downloading the Instagram App from the Apple Store or Google Play Store).*

2 Enter your mobile phone number or email address

 

3 Your full name

 

4 Add a username

 

5 Add a profile photo

 

*Use a nice eye-catching picture of yourself as this is how people will recognise you.*

*Do not change it too often.*

*It is advisable to upload a profile image that is 180x180 pixels.*

*You can use Canva to easily create a blank canvas this size and then simply upload your profile pic, resize it to fit the canvas and then download it as a jpeg and upload it to your Instagram profile.*

6 Connect to your Facebook account if you have one or you can skip this step and do it later

 

7 Edit your profile.

 

Notes

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*You have 150 characters that you can use in your in your bio so have a think about it and make it as brief but fun and interesting as you can. You may also want to use emojis to stand out a little more.*

*.If you want to add emojis whilst using your computer then you can use:*

*<https://www.emojicopy.com/>*

*A good way to structure and create your Instagram bio is by creating it in a notepad first i.e your notes on an Apple device and then paste it into your profile.*

*This way you can start a new line after every few words and your bio will appear taller and take up more space rather than 2-3 long lines of text.*

- 8 Click on the cog icon to set up or change your notification settings

 

*Notes*