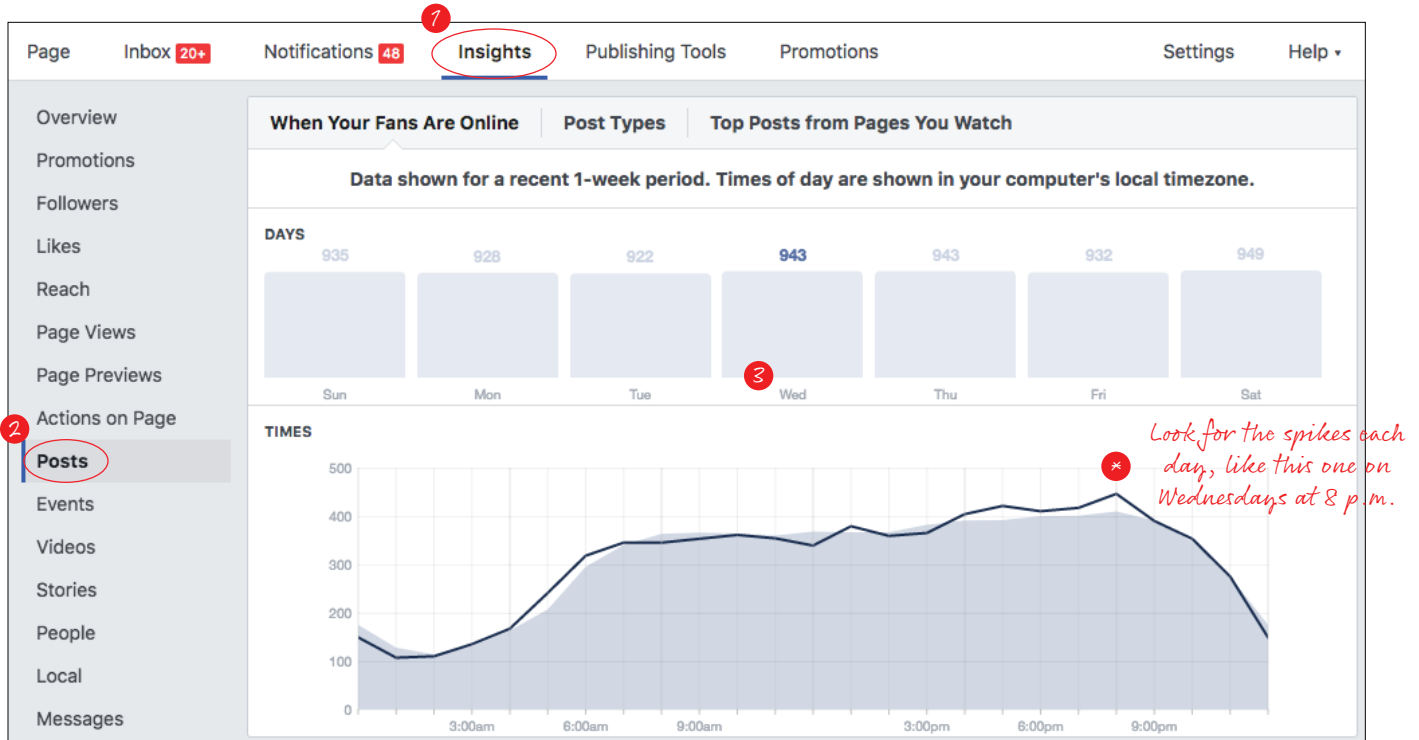
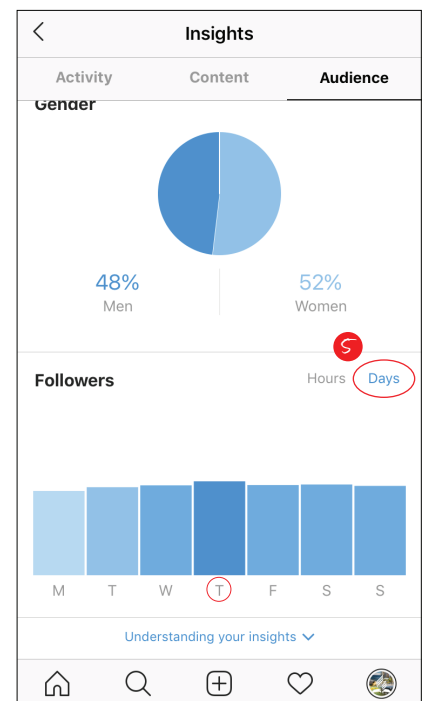
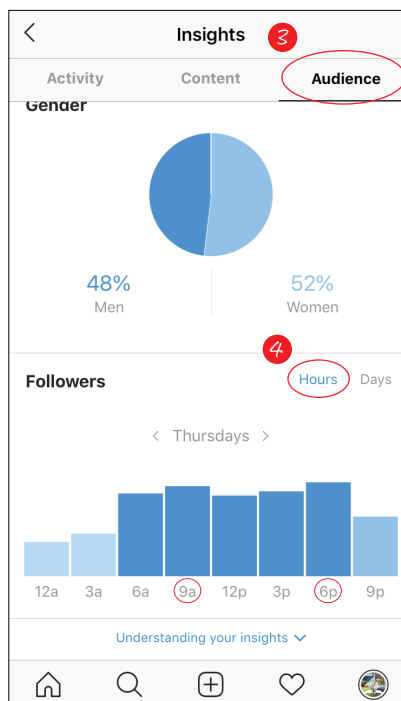
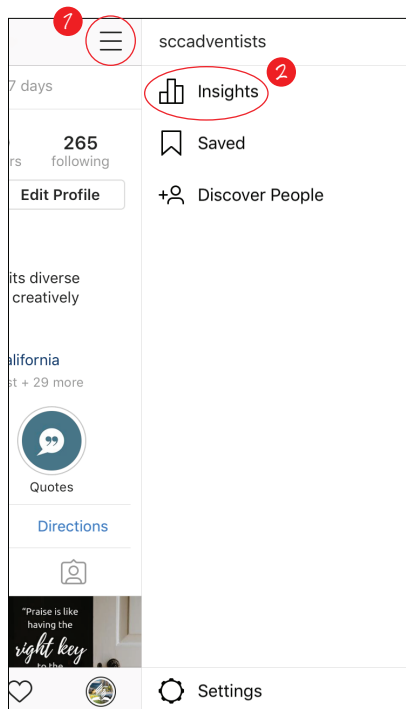


# When are your followers online?

## Facebook



## Instagram



Look for the highest bars, which represent the time of day your followers are most active. Here, it's 6 p.m., followed by 9 a.m., Thursdays.

Look for the darkest days each week, which represent the highest concentration of active followers. Here, it's Thursdays.