

How to post to your Instagram story

Before you start: ensure you have your 30 day tracker already saved to your camera roll before starting (to find this: check our highlights @HeartInstituteFounadtion and screenshot the tracker, save in your photos)

1. Open the Instagram app
2. On the homepage, click on the + button (top right hand side next to your likes/notifications)
3. Look at the bottom middle section and select "story"
4. Click on the bottom left square – this is where your camera roll is (pictures saved on your phone)
5. Select your activity tracker – this should already be saved in your photos

TIME TO FILL IN YOUR TRACKER

6. Type your name using the (Aa) you can choose the font (using the bottom scroll) and change color, alignment, as well as add a background to your text by using the top buttons
7. Type your activity by using the same features as mentioned in point #6
8. You can add moving stickers (GIFS) to check off your calendar by clicking the "square sticker (with the smiley face)"
 - a. Click GIF
 - b. Search the type of GIF you want – this can be anything from hearts, to checkmarks or even the activity you did (ie: yoga, running...) The possibilities are ENDLESS!
 - c. Choose your sticker and drag it to the desired position
Note: you can make the sticker bigger or smaller by taking two fingers and squeezing them closer together or apart.
9. You can also simply use the drawing tool by clicking the "squiggle mark" and make checkmarks or line through your completed days.
10. Tag the Foundation by clicking the "square sticker (with the smiley face)"
 - a. Select @Mention
 - b. Type "Heart Institute Foundation" (ONE WORD)
 - c. Drag and arrange this to the desired size and location
 - d. You can change the tag colors by clicking on it!
11. To publish, click "Your Story" on the bottom left corner.
12. To view your story from the Instagram home page, tap "Your Story"
13. Repeat daily