Routine

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FOREHEAD

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PM Routine

Notes   Dat

EXERCIS

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SIMPLE CARBS   MAKE

FRUIT + VEG   ENOl

HEALTHY FATS   ALCO

ENOUGH WATER

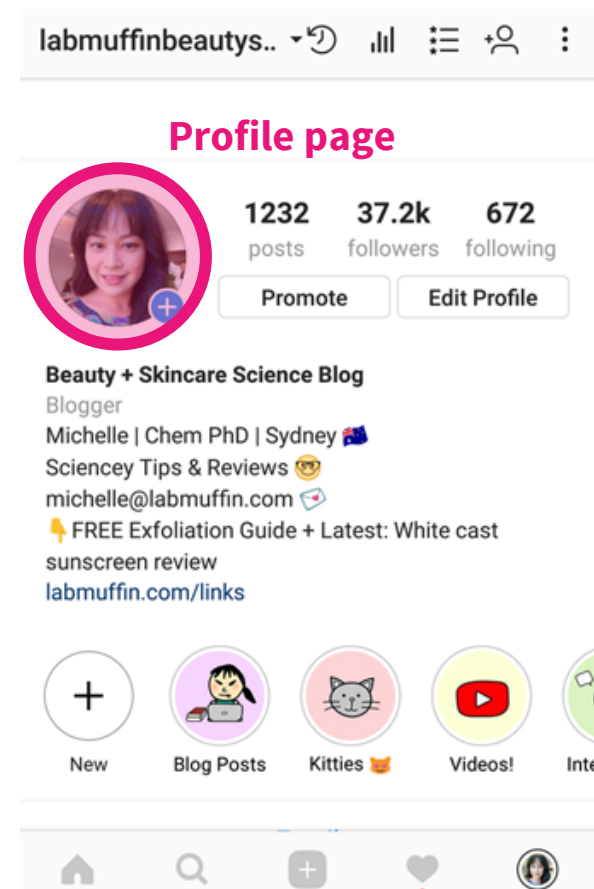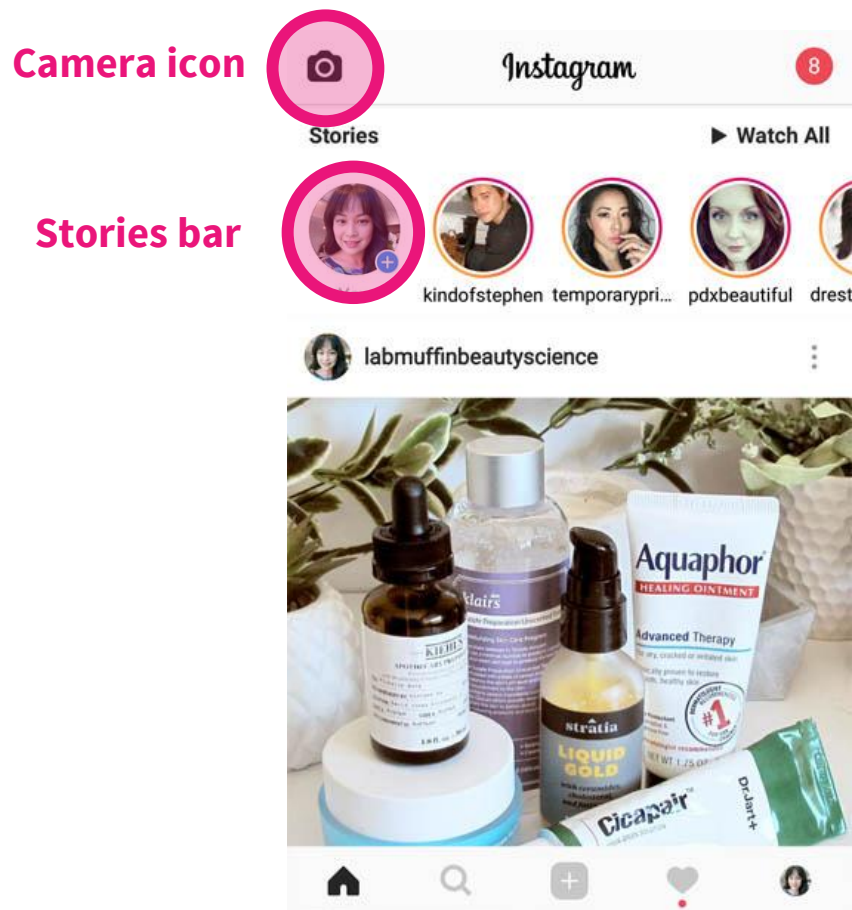# HOW TO USE INSTAGRAM SKIN DIARY TEMPLATES

Setup

1. Download the Instagram app on your phone from the Apple or Google Play store.

2. Create an account (if you already have a Facebook account you can create it very easily using that).

3. [Download the templates you want to use](#) onto your phone.

Instagram's interface and features change every once in a while, and it varies slightly between devices, so these steps may change a bit...
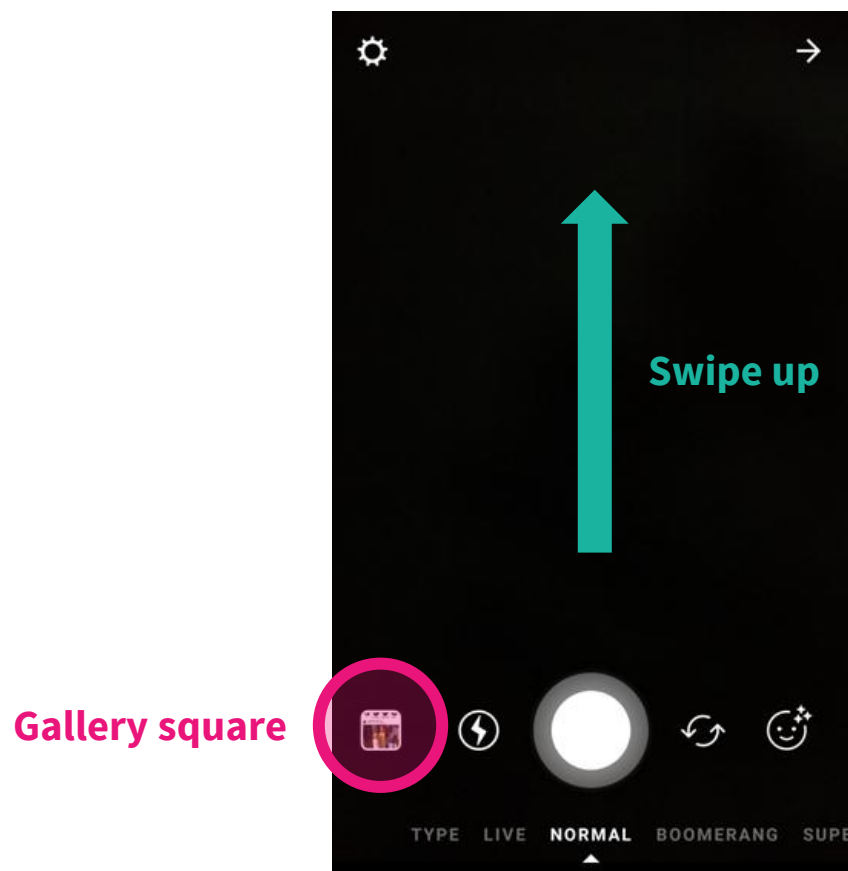
Adding Stories

1. From the home screen, you can tap the **camera icon** in the top left corner to add a story.

2. If you don't have any stories posted, your profile photo will have a blue plus sign on it. You can tap on your profile photo in your **Stories bar** or on your **profile page** to add a story
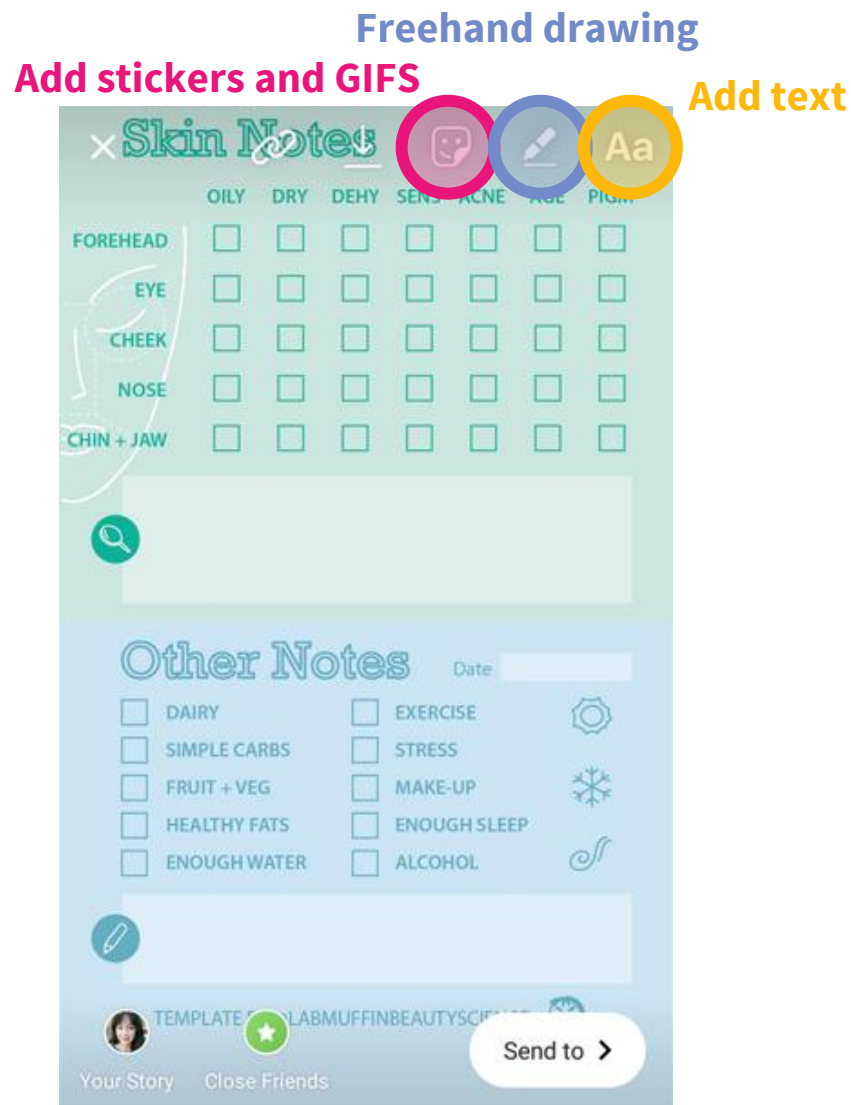

Camera icon

Stories bar

Profile page

Loading a Template

1. You can load a template by either:

    • Tapping on the **gallery square** on the bottom left

    • **Swiping up** from anywhere in the main screen

2. Tap on the template you want to use.

Swipe up

Gallery square

Editing Stories

1. There are a lot of different customisations you can play around with in Instagram Stories – tap on the appropriate icon for each one:

These are the ones I like to use…
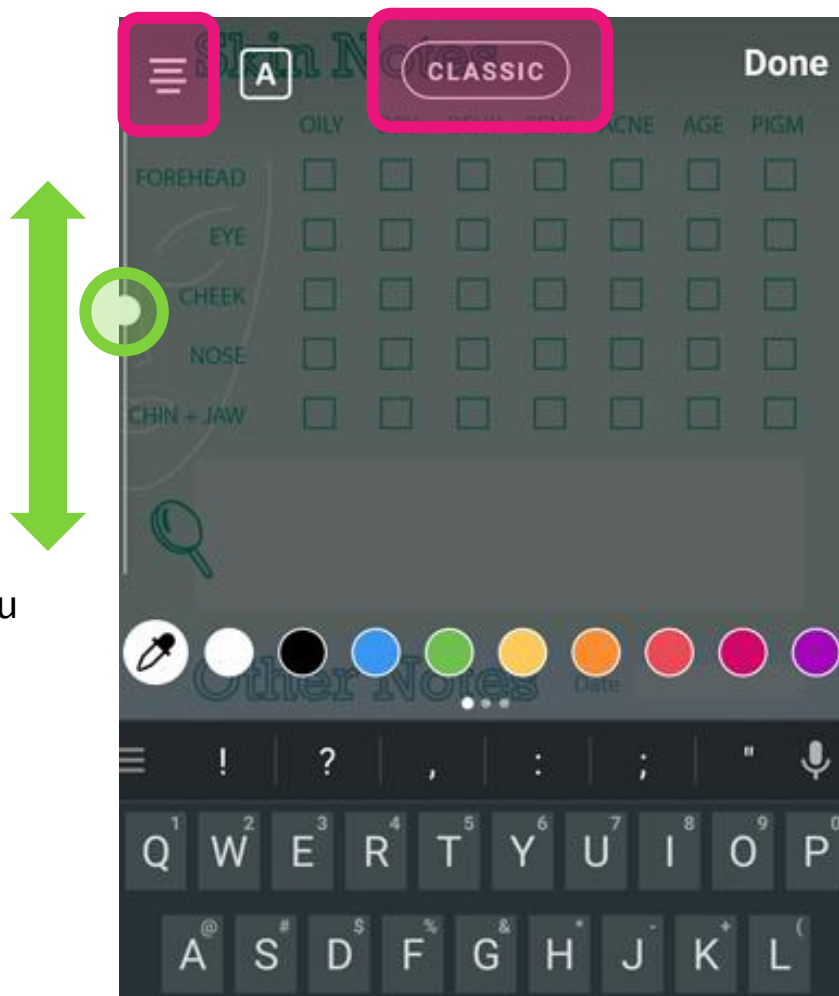
Adding Text

Alignment
I prefer to have my text left aligned.

Font
There are a few options available, and probably more to come. I like to leave it with the default Classic.

Font size
I slide the slide all the way down for the smallest font size. You can also change this after you finish typing by pinching the text with two fingers.
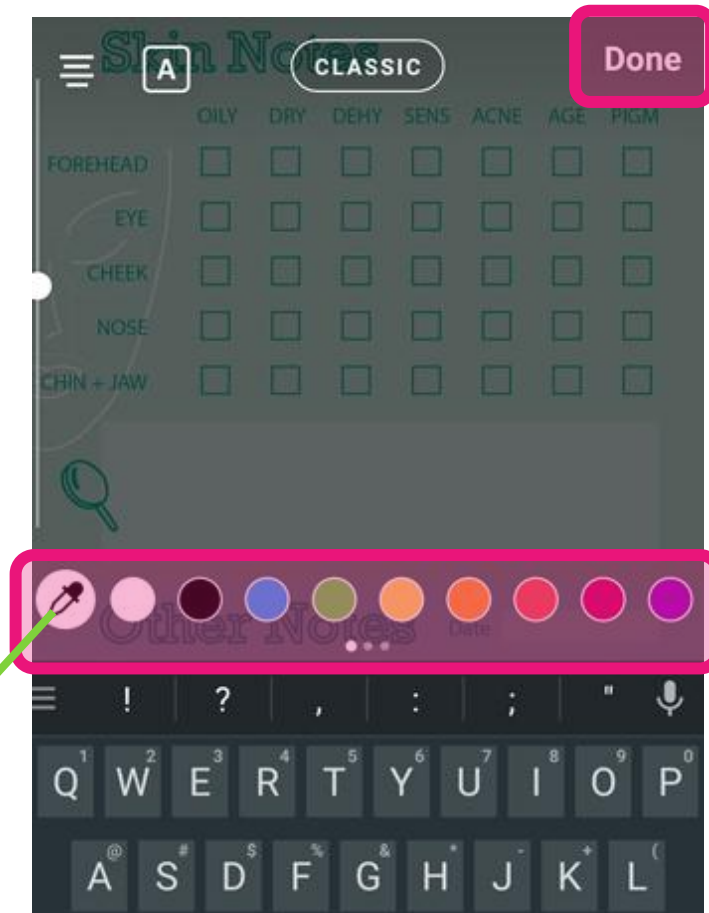
Adding Text

Text colour
You can use the dropper icon to pick a shade from the template.
You can also tap on any of the preset shades (swipe to see more).

Slide dropper around to change colour.
It's easiest to pick it out from the icons on the left.

After you're done, you can **reposition** the text by pressing on the text and dragging it.

Pinch and zoom with two fingers to **resize** the text.

You go back to **editing** the text by tapping it.

Lab Muffin 2018

Freehand Drawing

I like to fill in the tick boxes by using the freehand drawing tool, but you can also use text or emojis or stickers.

Pen style: I use the glow pen in the middle.

Tap the tick when you're finished

Undo

Pen size
I slide the slide all the way down for the smallest pen size.

Slide dropper around to change colour. It's easiest to pick it out from the icons on the left.

Pen colour: Use the dropper icon to pick a shade from the template. You can also tap on any of the preset shades (swipe to see more).

Saving and Posting Stories

1. Once you're done, you can either:

   - **save it** to your phone by tapping the download button

   - **post it** to your stories using either the Your Story or Send To buttons

Download

Post to stories
Stories disappear from public after 24 hours, can still access through archives. To keep an accessible archive, you can save it to your Story Highlights from your profile page.

Post to stories or send to specific people

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