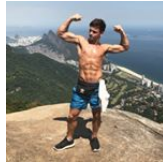


# Instagram

## Instagram Profile Details

**Full Name:** Tom Daley

**Profile picture:**



**Username:** [tomdaley](#) VERIFIED

**Biography:** I Dive. Ambassador Athlete for @adidas.

**Website:** <https://youtu.be/cigrvXHcSuU>

## Instagram Profile Stats

**Followers:** 2.1M

**Posts:** 1.6k

**Average likes:** 59.1k (2.88%)

**Average comments:** 221 (0.01%)

**Average total engagement:** 59.4k (2.89%)

**Average posts per day:** 0.7369

## Instagram Follower Count History (up to 30 days)

**19th Aug 2019** 2.06M

## Instagram Media (sample)

**Sunday  
18th  
August  
2019**

<b>Caption:</b>	♂ EPISODE 2 📺 of my Japan adventure is now LIVE on my YouTube channel! Link in bio! ••• Massive thanks to @visitjapan_uk for the amazing experience! #AD #MountBandai
<b>Location:</b>	Mount Bandai
<b>Likes:</b>	114.72k
<b>Comments:</b>	324
<b>Direct Link:</b>	<a href="https://www.instagram.com/p/B1USe_MnKRQ/">https://www.instagram.com/p/B1USe_MnKRQ/</a>

## Instagram Media (sample)

Wednesday  
14th  
August  
2019

<b>Caption:</b>	☂ BIKE RIDE IN THE RAIN ☂
<b>Location:</b>	The Camel Trail - Padstow
<b>Likes:</b>	31.08k
<b>Comments:</b>	80
<b>Direct Link:</b>	<a href="https://www.instagram.com/p/B1J7J2PH9yc/">https://www.instagram.com/p/B1J7J2PH9yc/</a>

Sunday  
11th  
August  
2019

<b>Caption:</b>	EPISODE 1 of my "Tom Does Japan" Series is out NOW on my YouTube Channel! ••• I learn the ways of a samurai warrior, eat soba noodles with an onion and get in the Japanese hot springs...NAKED! 🙈 Link in bio! #AD @visitjapan_uk
<b>Location:</b>	-
<b>Likes:</b>	31.57k
<b>Comments:</b>	129
<b>Direct Link:</b>	<a href="https://www.instagram.com/p/B1CAfHLHMhp/">https://www.instagram.com/p/B1CAfHLHMhp/</a>

Sunday  
11th  
August  
2019

<b>Caption:</b>	Our first date night in I don't know how long! ♥••• : @topman
<b>Location:</b>	-
<b>Likes:</b>	97.5k
<b>Comments:</b>	416
<b>Direct Link:</b>	<a href="https://www.instagram.com/p/B1BoTGwHukC/">https://www.instagram.com/p/B1BoTGwHukC/</a>

Saturday  
10th  
August  
2019

<b>Caption:</b>	AD   Now that I'm back from Japan! It's so nice to get back in to a routine! •• Before Robbie was born, we wanted to add some personal touches to Robbie's nursery...Lance and I (but basically Lance) made some bookshelves for him from recycled scaffold planks. •• We read to Robbie every night and think it's super important for bonding AND learning! I've now teamed up with @LadybirdBooks to celebrate the launch of their lovely range of books for 0-7's. I'm excited to share them with Robbie and will keep you guys updated on his favourites! #LadybirdBooks #Ad
<b>Location:</b>	London, United Kingdom
<b>Likes:</b>	63.46k
<b>Comments:</b>	218
<b>Direct Link:</b>	<a href="https://www.instagram.com/p/B0_PelHH1Ot/">https://www.instagram.com/p/B0_PelHH1Ot/</a>

## Instagram Media (sample)

Thursday  
8th August  
2019

<b>Caption:</b>	🌐 TOKYO 2020 COUNTDOWN! 🌐 ••• Final day in Japan! It's been such an awesome trip and I can't wait to share the VLOG footage with you! Episode 1 is going to be live on Sunday at 6pm (GMT) on my YouTube channel...keep an eye out! Massive thanks to @insidejapantours for showing us around!
<b>Location:</b>	Tokyo, Japan
<b>Likes:</b>	53.9k
<b>Comments:</b>	180
<b>Direct Link:</b>	<a href="https://www.instagram.com/p/B06BW0Sn2y9/">https://www.instagram.com/p/B06BW0Sn2y9/</a>

Thursday  
8th August  
2019

<b>Caption:</b>	J A P A N D A Y 6
<b>Location:</b>	Aomori, Aomori
<b>Likes:</b>	33.12k
<b>Comments:</b>	96
<b>Direct Link:</b>	<a href="https://www.instagram.com/p/B04mePuHWP9/">https://www.instagram.com/p/B04mePuHWP9/</a>

Tuesday  
6th August  
2019

<b>Caption:</b>	J A P A N D A Y 5
<b>Location:</b>	Tashirojima
<b>Likes:</b>	27.35k
<b>Comments:</b>	128
<b>Direct Link:</b>	<a href="https://www.instagram.com/p/B00nCMaHEfc/">https://www.instagram.com/p/B00nCMaHEfc/</a>

Monday 5th  
August  
2019

<b>Caption:</b>	J A P A N D A Y 4
<b>Location:</b>	Three Mountains of Dewa
<b>Likes:</b>	40.41k
<b>Comments:</b>	135
<b>Direct Link:</b>	<a href="https://www.instagram.com/p/B0xyJUznnnQ/">https://www.instagram.com/p/B0xyJUznnnQ/</a>

Sunday 4th  
August  
2019

<b>Caption:</b>	J A P A N D A Y 3
<b>Location:</b>	BANDAI LAKESIDE GUESTHOUSE
<b>Likes:</b>	35.22k
<b>Comments:</b>	109
<b>Direct Link:</b>	<a href="https://www.instagram.com/p/B0vLWWHD-GA/">https://www.instagram.com/p/B0vLWWHD-GA/</a>

## Instagram Hashtags (sample)

## Instagram Hashtags (sample)

x11	<a href="#">#AD</a>
x4	<a href="#">#CreatedWithAdidas</a>
x2	<a href="#">#britishlioneeggs</a>
x2	<a href="#">#eggs</a>
x2	<a href="#">#Wonderegg</a>
x2	<a href="#">#ToMyBaby</a>
x2	<a href="#">#DeliKitchen</a>
x2	<a href="#">#RunForTheOceans</a>
x2	<a href="#">#MyDeliKitchen</a>
x1	<a href="#">#FatherLikeNoOther</a>
x1	<a href="#">#healthyeggs</a>
x1	<a href="#">#FathersDay</a>
x1	<a href="#">#pride</a>
x1	<a href="#">#Diving</a>
x1	<a href="#">#MyHavenDays</a>
x1	<a href="#">#FinaDWS</a>
x1	<a href="#">#eggrecipe</a>
x1	<a href="#">#LadybirdBooks</a>
x1	<a href="#">#Kazan</a>
x1	<a href="#">#MountBandai</a>
x1	<a href="#">#WorldSeries</a>
x1	<a href="#">#MentalHealthAwarenessWeek</a>
x1	<a href="#">#TheBestMe</a>
x1	<a href="#">#HomeOfClassics</a>
x1	<a href="#">#DWS2019</a>

## Instagram Hashtags (sample)

x1	<a href="#">#OlympicDay</a>
x1	<a href="#">#TEAMBULK</a>
x1	<a href="#">#PulseBOOST</a>
x1	<a href="#">#eggrecipes</a>

## Instagram Mentions (sample)

x5	<a href="#">@mattydiver</a>
x5	<a href="#">@fina1908</a>
x3	<a href="#">@graceeereid</a>
x3	<a href="#">@adidasrunning</a>
x2	<a href="#">@Sainsburys</a>
x2	<a href="#">@train4success20</a>
x2	<a href="#">@fairy_nonbio</a>
x2	<a href="#">@MyDeliKitchen</a>
x2	<a href="#">@janefig1218</a>
x2	<a href="#">@bulkpowders_uk</a>
x2	<a href="#">@egg_recipes</a>
x2	<a href="#">@georgiekerrphoto</a>
x2	<a href="#">@greatormondst</a>
x2	<a href="#">@visitjapan_uk</a>
x1	<a href="#">@tomcockram</a>
x1	<a href="#">@nilemw</a>
x1	<a href="#">@lorealmen</a>
x1	<a href="#">@insidejapantours</a>
x1	<a href="#">@a2zphysio</a>
x1	<a href="#">@topman</a>

## Instagram Mentions (sample)

x1 [@britishgq](#)

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x1 [@louise](#)

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x1 [@Pampersuk\\_ire](#)

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x1 [@havenofficial](#)

---

x1 [@teamgb](#)

---

x1 [@LadybirdBooks](#)

---

x1 [@dlanceblack](#)

---

x1 [@laura\\_cosgrove\\_](#)

# Twitter

## Twitter Profile Details

**Full Name:** Tom Daley

**Profile picture:** No image available

**Username:** [TomDaley1994](#) VERIFIED

**Biography:** I'm not a swimmer! I'm a diver!!! Haha. Tom's Daily Goals is out now :)  
<https://t.co/97T6wuGeYB>

**Website:** <https://t.co/vJgV6e3Aeo>

## Twitter Profile Stats

**Followers:** 2.5M

**Statuses:** 8.9k

**Average favorited:** 1.36k (0.06%)

**Average retweeted:** 141 (0.01%)

**Average total engagement:** 1.5k (0.07%)

**Average statuses per day:** 0.2077

## Twitter Follower Count History (up to 30 days)

**17th Aug 2019** 2.46M

**20th Aug 2019** 2.46M

**23rd Aug 2019** 2.46M

**25th Aug 2019** 2.46M

**28th Aug 2019** 2.46M

**31st Aug 2019** 2.46M

**3rd Sep 2019** 2.46M

**6th Sep 2019** 2.45M

**9th Sep 2019** 2.45M

## Twitter Follower Count History (up to 30 days)

12th Sep 2019	2.45M
14th Sep 2019	2.45M
17th Sep 2019	2.45M

## Twitter Tweets (sample)

Wednesday  
11th  
September  
2019

<b>Caption:</b>	RT @CLIC_Sargent: Cancer costs more than you might think. In the last 12 months, 4,450 young cancer patients and their families have spent...
<b>Location:</b>	
<b>Favorites:</b>	0
<b>Retweets:</b>	181
<b>Direct Link:</b>	<a href="https://www.twitter.com/status/1171745165557542912">https://www.twitter.com/status/1171745165557542912</a>

Sunday  
11th  
August  
2019

<b>Caption:</b>	AD  EPISODE 1 of my "Tom Does Japan" Series is out NOW on my YouTube Channel! ••• I learn the ways of a samurai warrior, eat soba noodles with an onion and get in the Japanese hot springs...NAKED! 🙈 <a href="https://t.co/ApwtSXQSip">https://t.co/ApwtSXQSip</a> <a href="https://t.co/Wbatdiwg55">https://t.co/Wbatdiwg55</a>
<b>Location:</b>	
<b>Favorites:</b>	806
<b>Retweets:</b>	88
<b>Direct Link:</b>	<a href="https://www.twitter.com/status/1160597528762617857">https://www.twitter.com/status/1160597528762617857</a>

Wednesday  
24th July  
2019

<b>Caption:</b>	AD   With 1 year to go til TOKYO 2020. I am Super excited to announce that I'm an ambassador for @haven with @teamgb ••• I visited one of the parks with @nilemw yesterday and we got up to all kinds of mischief and challenges 😊 stay tuned for the video!! #MyHavenDays <a href="https://t.co/uShY5nROP2">https://t.co/uShY5nROP2</a>
<b>Location:</b>	
<b>Favorites:</b>	1.44k
<b>Retweets:</b>	118
<b>Direct Link:</b>	<a href="https://www.twitter.com/status/1154082638828920836">https://www.twitter.com/status/1154082638828920836</a>

Thursday  
4th July  
2019

<b>Caption:</b>	RT @DLanceBlack: Such "procreation" arguments are deeply ignorant & harmful. It is anti gay, anti lesbian, dehumanising to all women who ca...
<b>Location:</b>	
<b>Favorites:</b>	0
<b>Retweets:</b>	309
<b>Direct Link:</b>	<a href="https://www.twitter.com/status/1146916286439424000">https://www.twitter.com/status/1146916286439424000</a>



## Twitter Tweets (sample)

**Sunday  
16th June  
2019**

<b>Caption:</b>	Ad   Becoming a dad was the best day of my life so I am teaming up with @fairy_nonbio this Father's Day on their mission to give the best care to all families... share your wish using #ToMyBaby and Fairy Non-Bio will donate £1 to @GreatOrmondSt to help families across the UK <a href="https://t.co/DCcDY5QJMq">https://t.co/DCcDY5QJMq</a>
<b>Location:</b>	
<b>Favorites:</b>	786
<b>Retweets:</b>	107
<b>Direct Link:</b>	<a href="https://www.twitter.com/status/1140200844257910784">https://www.twitter.com/status/1140200844257910784</a>

**Tuesday  
21st May  
2019**

<b>Caption:</b>	RT @TeamGB: Hands up if it's your birthday It's 11 years since @TomDaley1994 made his Olympic debut at Beijing 2008 and the double bronz...
<b>Location:</b>	
<b>Favorites:</b>	0
<b>Retweets:</b>	110
<b>Direct Link:</b>	<a href="https://www.twitter.com/status/1130863048971968512">https://www.twitter.com/status/1130863048971968512</a>

**Tuesday  
21st May  
2019**

<b>Caption:</b>	RT @DLanceBlack: I've withheld the ugliest details because that is the agreement I made with @jackrbuckner: to fix this in private...an agr...
<b>Location:</b>	
<b>Favorites:</b>	0
<b>Retweets:</b>	28
<b>Direct Link:</b>	<a href="https://www.twitter.com/status/1130857347801157641">https://www.twitter.com/status/1130857347801157641</a>

**Tuesday  
21st May  
2019**

<b>Caption:</b>	RT @DLanceBlack: So, so silly. Again: *I NEVER ASKED TO BRING A PRAM INTO ANY EVENT* This is a whopper of a misrepresentation being peddled...
<b>Location:</b>	
<b>Favorites:</b>	0
<b>Retweets:</b>	32
<b>Direct Link:</b>	<a href="https://www.twitter.com/status/1130857315685376001">https://www.twitter.com/status/1130857315685376001</a>

## Twitter Tweets (sample)

**Monday  
20th May  
2019**

<b>Caption:</b>	Myself and Lance have requested a meeting with the CEO of @britishswimming where we hope we get the outcome we both need. 2/2
<b>Location:</b>	
<b>Favorites:</b>	913
<b>Retweets:</b>	66
<b>Direct Link:</b>	<a href="https://www.twitter.com/status/1130527640039907329">https://www.twitter.com/status/1130527640039907329</a>

**Monday  
20th May  
2019**

<b>Caption:</b>	The high of being named overall World Series Champion last night, has been overshadowed by an issue that happened at the pool on Friday, and subsequent statements by @britishswimming not bringing all the facts to light. 1/2
<b>Location:</b>	
<b>Favorites:</b>	788
<b>Retweets:</b>	70
<b>Direct Link:</b>	<a href="https://www.twitter.com/status/1130527518950346752">https://www.twitter.com/status/1130527518950346752</a>

## Twitter Hashtags (sample)

x6	<a href="#">#Ad</a>
x4	<a href="#">#TDGoals</a>
x2	<a href="#">#TomsDailyPlan</a>
x2	<a href="#">#GraceReid</a>
x2	<a href="#">#waystobank</a>
x1	<a href="#">#RainbowWave</a>
x1	<a href="#">#MyHavenDays</a>
x1	<a href="#">#Dads</a>
x1	<a href="#">#Vote2018</a>
x1	<a href="#">#Olympian</a>
x1	<a href="#">#GQManoftheyear2018</a>
x1	<a href="#">#VoteEquality</a>
x1	<a href="#">#Bossbottled</a>
x1	<a href="#">#InMyPersonalSpace</a>

## Twitter Hashtags (sample)

x1 [#WorldCupFinal](#)

x1 [#GQAwards](#)

x1 [#BULKPOWDERS](#)

x1 [#WorldCupofPools](#)

x1 [#thisisboss](#)

x1 [#thebestme](#)

x1 [#TomsDailyGoals](#)

x1 [#TDFail](#)

x1 [#MiltonKeynes](#)

x1 [#DesertIslandDiscs](#)

x1 [#onlyatomaze](#)

x1 [#Watford](#)

x1 [#SwanLake](#)

x1 [#Concert](#)

x1 [#fitness](#)

x1 [#AllWorthIt](#)

x1 [#POGLittleHeroes](#)

x1 [#ToMyBaby](#)

x1 [#FridayFeeling](#)

## Twitter Mentions (sample)

x14 [@TomDaley1994](#)

x14 [@DLanceBlack](#)

x6 [@HQstories](#)

x5 [@Waterstones](#)

x4 [@britishswimming](#)

## Twitter Mentions (sample)

x3	<a href="#">@PrincesTrust</a>
x3	<a href="#">@YouTube</a>
x3	<a href="#">@TeamGB</a>
x2	<a href="#">@BritishGQ</a>
x2	<a href="#">@mcflyharry</a>
x2	<a href="#">@GreatOrmondSt</a>
x2	<a href="#">@NatWest_Help</a>
x2	<a href="#">@timlovejoy</a>
x2	<a href="#">@NileMW</a>
x1	<a href="#">@DrGuyMeadows</a>
x1	<a href="#">@jamieoliver</a>
x1	<a href="#">@WHSmith</a>
x1	<a href="#">@FernBrady</a>
x1	<a href="#">@Channel4</a>
x1	<a href="#">@willam</a>
x1	<a href="#">@laurenlaverne</a>
x1	<a href="#">@fairy_nonbio</a>
x1	<a href="#">@MarathonSwims</a>
x1	<a href="#">@HUGOBOSS</a>
x1	<a href="#">@DrKateHays</a>
x1	<a href="#">@BBCSport</a>
x1	<a href="#">@EW</a>
x1	<a href="#">@AnthonyNolan</a>
x1	<a href="#">@doctors_kitchen</a>
x1	<a href="#">@Nadir_Nahdi</a>

## Twitter Mentions (sample)

x1	<a href="#">@Headspace</a>
x1	<a href="#">@BBCTheOneShow</a>
x1	<a href="#">@Pampers_UK</a>
x1	<a href="#">@haven</a>
x1	<a href="#">@WaterstonesDrak</a>
x1	<a href="#">@Loreal</a>
x1	<a href="#">@ITV</a>
x1	<a href="#">@omaze</a>
x1	<a href="#">@smilyte1</a>
x1	<a href="#">@BalanceLDN</a>
x1	<a href="#">@JimChapman</a>
x1	<a href="#">@TweetBluewater</a>
x1	<a href="#">@iBooks</a>
x1	<a href="#">@CLIC_Sargent</a>
x1	<a href="#">@GLA2018Mascot</a>
x1	<a href="#">@BBCRadio4</a>
x1	<a href="#">@jackrbuckner</a>
x1	<a href="#">@courtneyact</a>
x1	<a href="#">@BhamWaterstones</a>
x1	<a href="#">@PlymouthCollege</a>