

Casey Johnston

@swolewoman



Other

American writer and influencer



Things we need to lift
regularly that weigh
25+lbs:

46.8K

Followers

233.2K

Tracked views

13.29%

Engagement

Available source totals; scopes differ by platform. Tracked figures are not guaranteed reach.

Instagram performance.

Source-scoped performance, recorded 25 Jul 2026.

Instagram

@swolewoman

46.8K

Followers · Current audience snapshot

233.2K

Tracked views
Tracked content sample

13.29%

Engagement

30.2K

Available likes

764

Tracked comments

11

Available posts

58.3K

Average / tracked post

Source-scoped performance data. YouTube values appear separately and are excluded from combined totals.
Complete account records and dated evidence appear in the appendix.

The work, in view.

Selected tracked posts. Select a photograph or post link to open the original content.

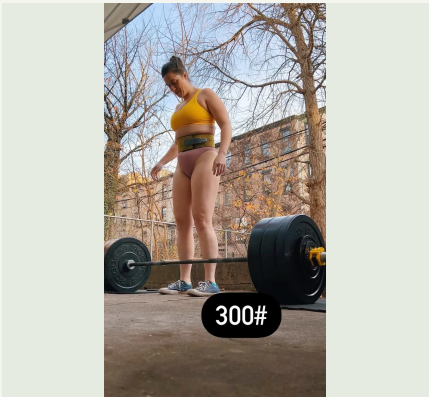


Instagram / Reel

23 Dec 2023

88.9K views

2K likes / 23 comments
— shares / — saves

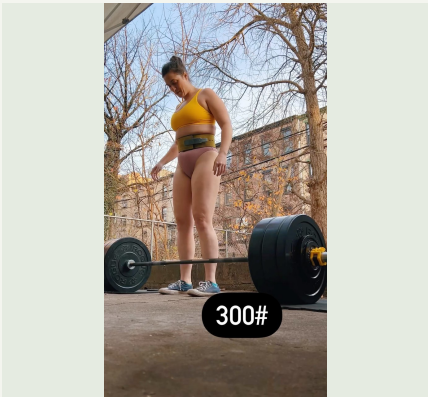


Instagram / Reel

17 Dec 2021

62.4K views

2.5K likes / 128 comments
— shares / — saves



Instagram / Reel

17 Dec 2021

41.9K views

2.5K likes / 128 comments
— shares / — saves



Instagram / Reel

23 Dec 2023

40.1K views

2K likes / 23 comments
— shares / — saves



Instagram / Carousel

21 Aug 2025

Not reported views

441 likes / 13 comments
— shares / — saves



Instagram / Reel

21 Aug 2025

Not reported views

441 likes / 13 comments
— shares / — saves

— = not reported. Counts are source-reported, not unique people or guaranteed reach. Platform view definitions may differ.

Let's work together.

Casey Johnston

Not currently accepting new collaborations

Instagram / @swolewoman

View the current media kit

Share your brand and campaign goal, preferred platforms and deliverables, timing, budget and any usage or exclusivity requirements. Confirm the final scope directly with the creator.

This is a snapshot of the information available when exported. The live media kit may contain newer metrics, availability and pricing. Private shipping details are shared separately by the creator.

Instagram source record.

@swolewoman / Snapshot: 2026-07-25

Performance	Value	Source scope
Followers	46.8K	Current audience snapshot
Tracked views	233.2K	Tracked content sample
Engagement	13.29%	Tracked content sample
Available likes	30.2K	Tracked content sample
Tracked comments	764	Tracked content sample
Available posts	11	Platform lifetime total
Average / tracked post	58.3K	Tracked content sample
Shares	0	Source-reported value
Saves	0	Source-reported value

22 posts in the tracked sample. Performance totals and published-content counts may describe different source scopes.

Instagram observations.

@swolewoman / Dated source evidence

Follower observations

1 of 1 saved observations.

Recorded date	Followers
2026-07-25	46,762

Publication cohorts

9 of 9 saved cohorts.

Month	Posts	Current views
Aug 2020	2	Not available
Oct 2020	2	Not available
Nov 2020	4	Not available
Dec 2021	2	104.2K
Jan 2022	2	Not available
Jun 2022	2	Not available
Dec 2023	2	129K
May 2025	4	Not available
Aug 2025	2	Not available

Daily observations do not replace complete 30-day totals. Cohort views are current views of posts published in each month, not account growth or views earned during that month. — = not reported.

Publishing mix: Short-form video 100%. Share of the available content sample by format.

Audience demographics were not supplied for this account. Missing segments are not treated as zero.