

# How to see when you're following someone on Instagram

It's very simple to see who you've been following on Instagram, without having to download your Instagram account data.

When you download your Instagram account data, you'll see all your personal information and documents, but you won't know when and for how long you followed someone on Instagram. In fact, checking when you followed someone on Instagram is very simple and doesn't require downloading your account data. This article will guide you through several ways to see when you followed someone on Instagram.

## How to find out when you started following someone on Instagram through this article.

### Step 1:

To view the timestamp of a post from the Instagram account you want to see the follow time, tap **the three-dot icon** in the upper right corner of the screen.

The interface shown below will now appear; we click on "**Why you are seeing this post** ."

Không có SIM

16:33

53%

Instagram



Tin của bạn

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kimheenim

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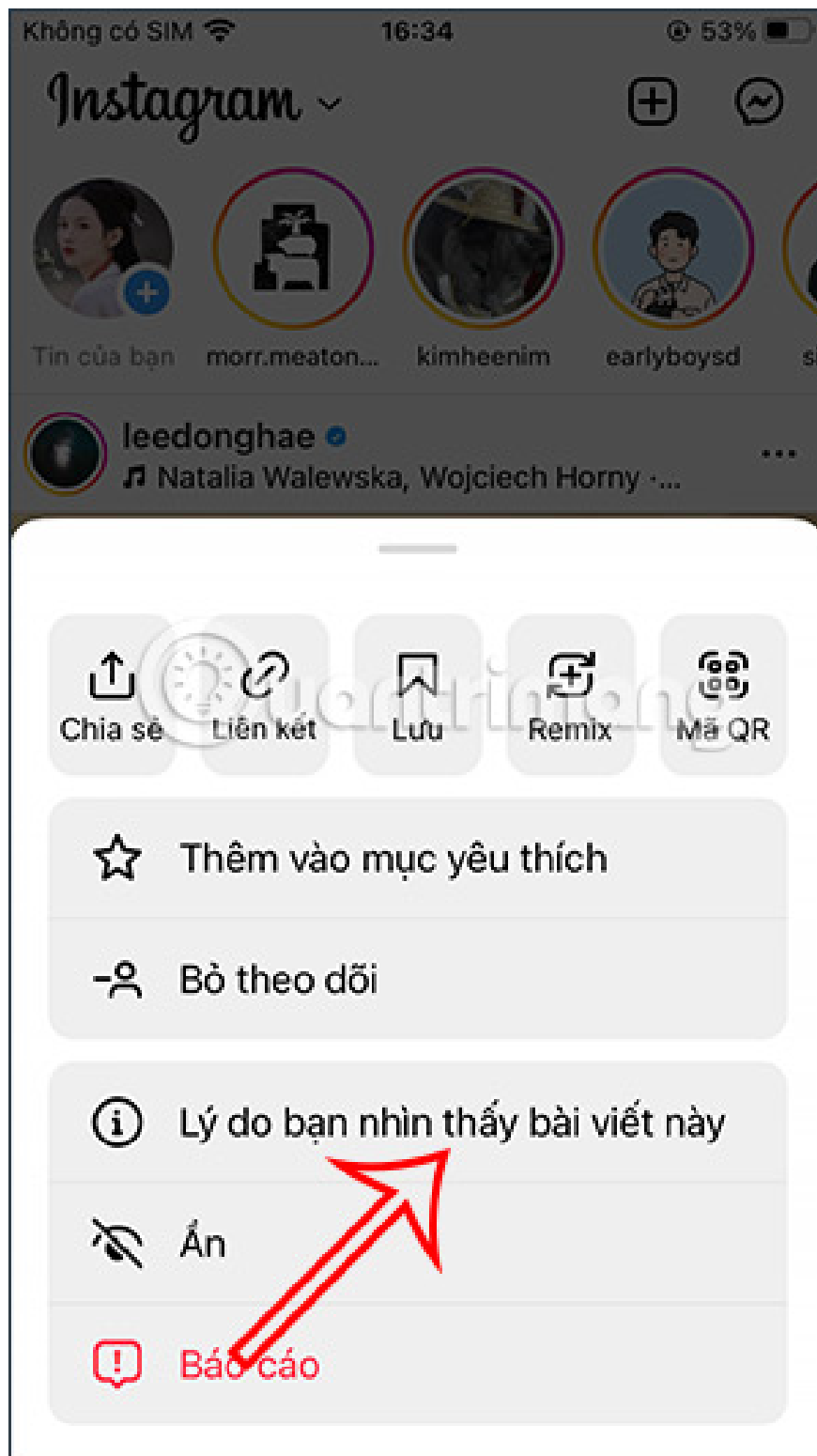


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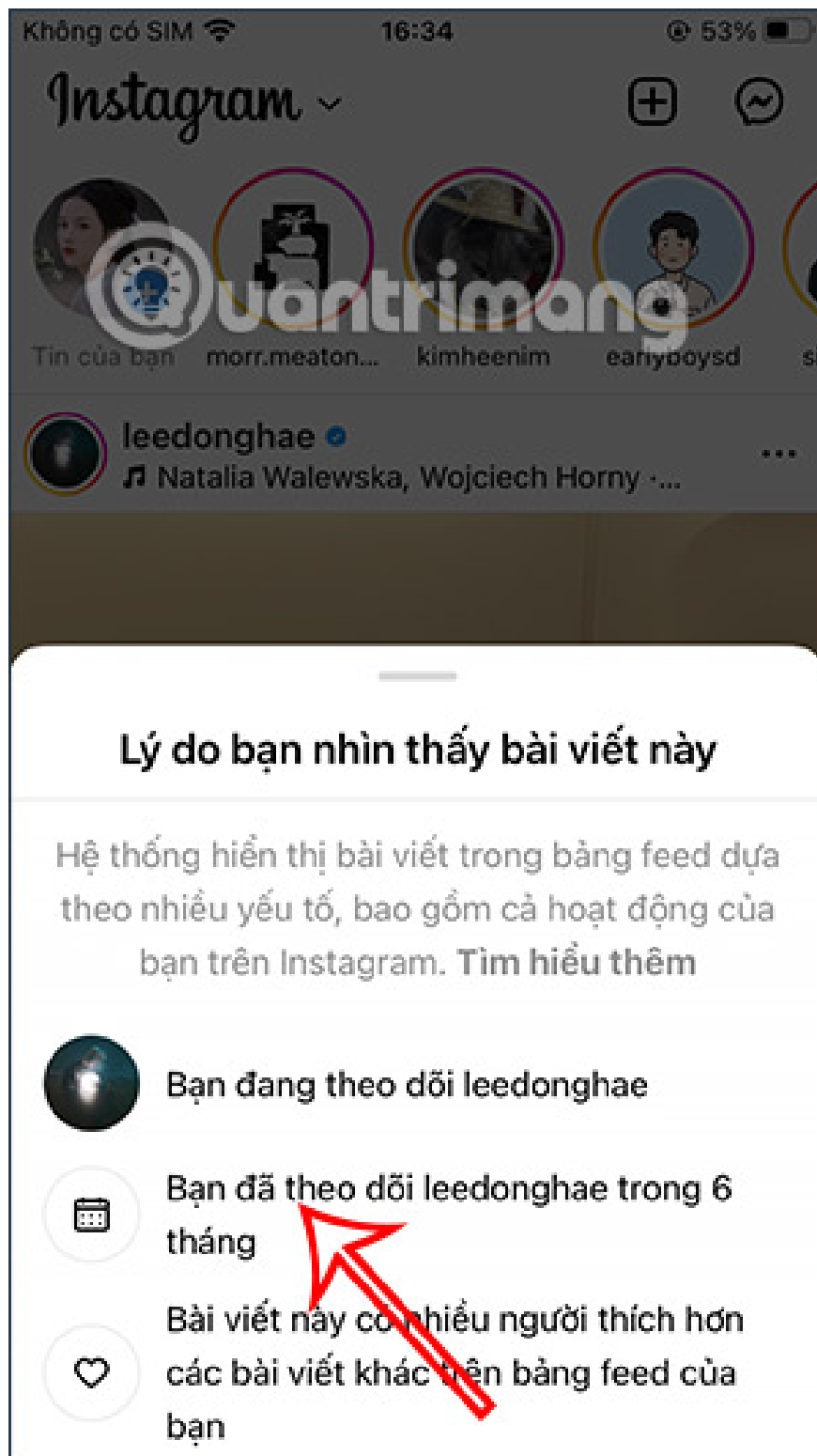
Natalia Walewska, Wojciech Horny



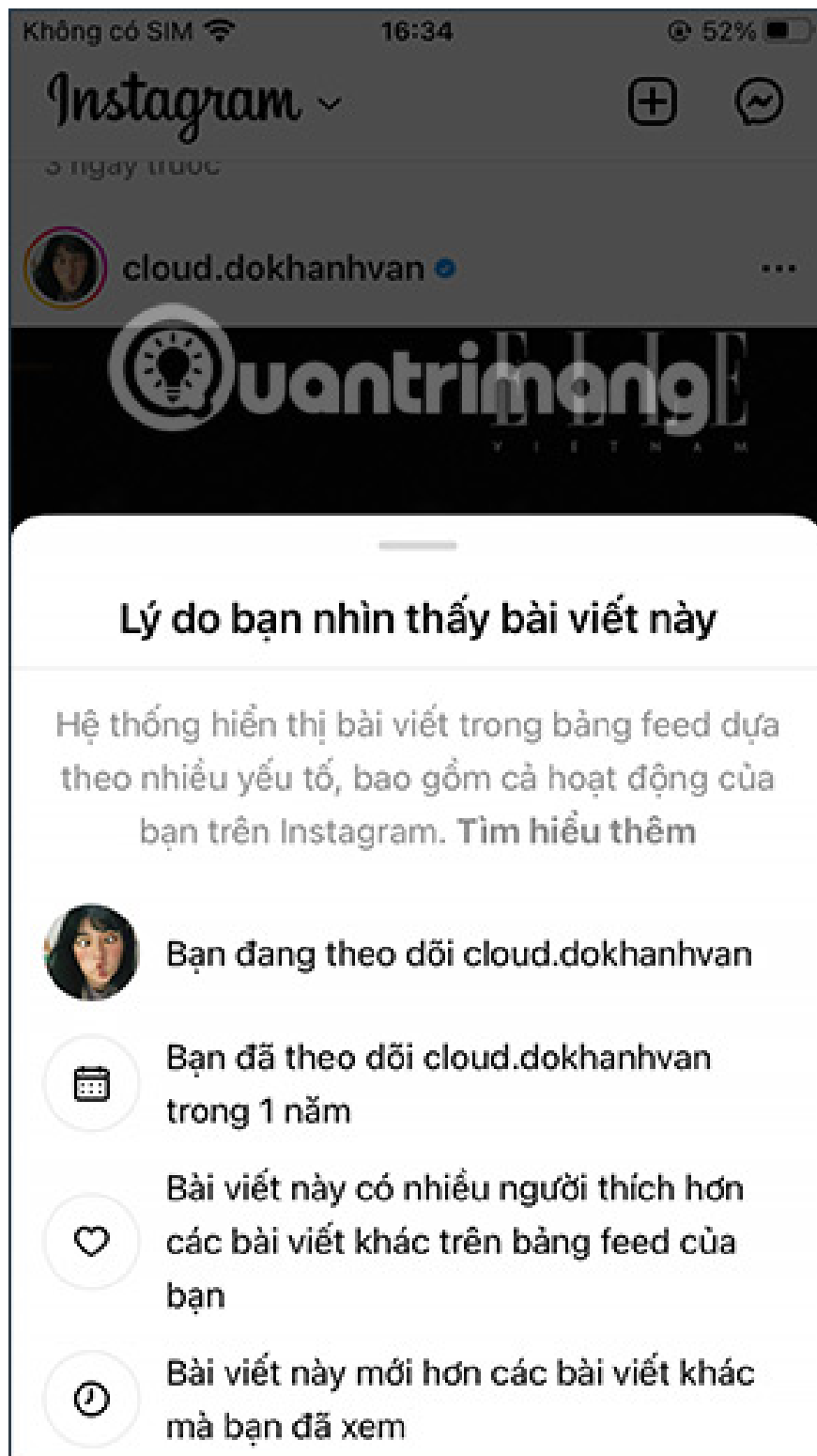


**Step 2:**

At this point, you will see information, including **how long you have been following** this Instagram account.



We continue this process with the accounts you want to check the time we tracked.

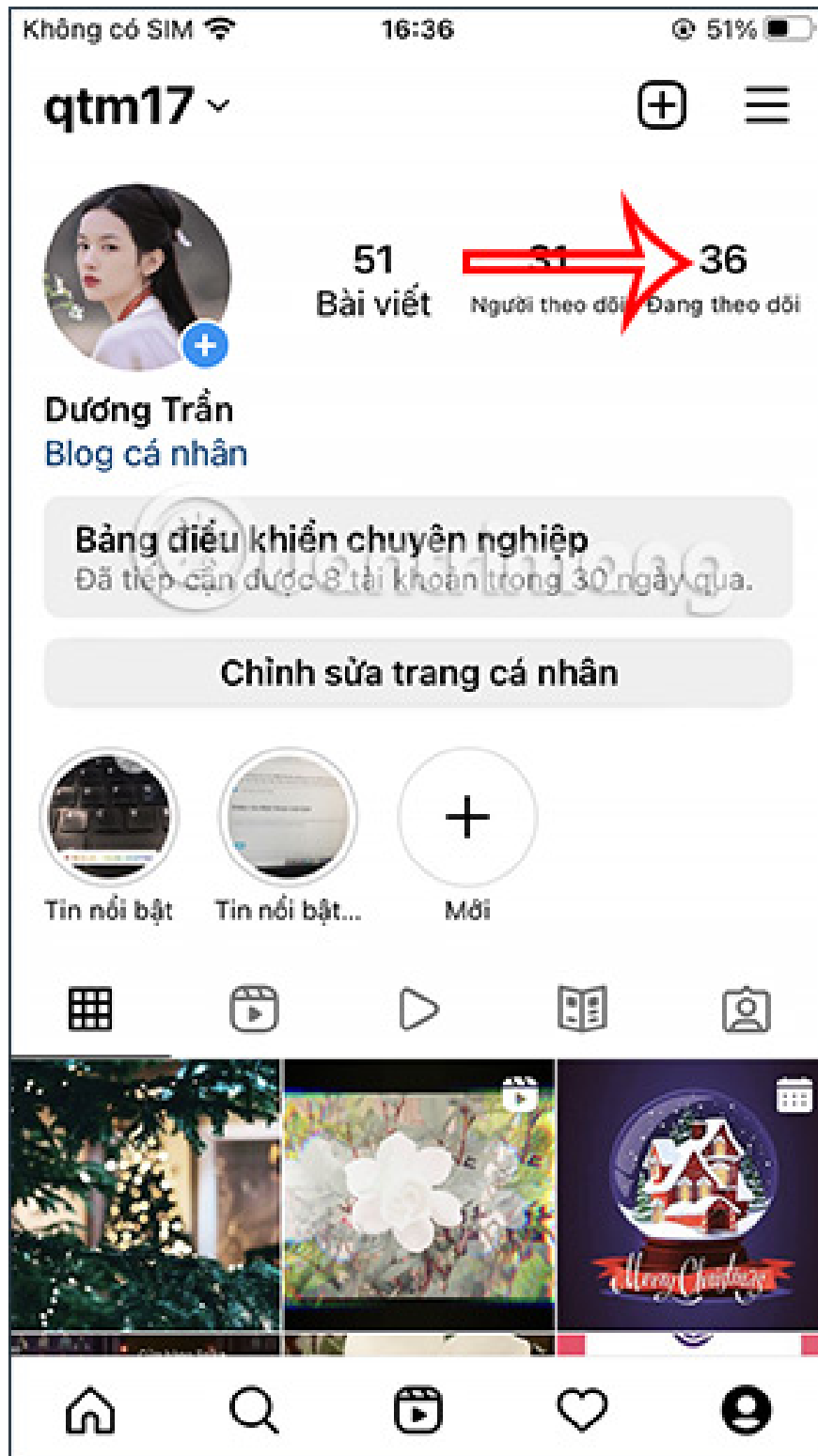


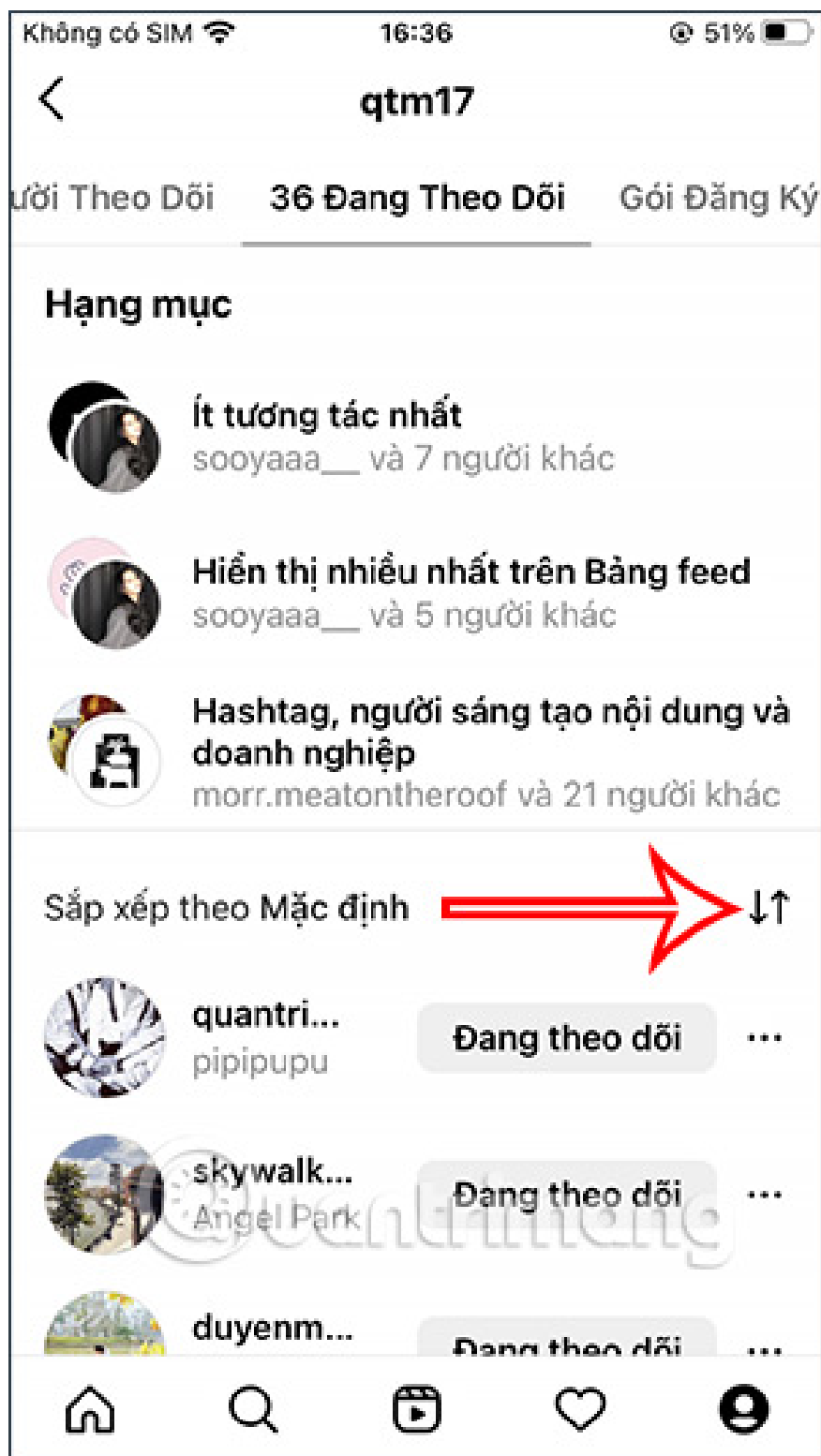
## How to schedule your follow time on Instagram

### Step 1:

On your Instagram account interface, tap on the **"Following"** section .

Switching to the new interface, users will see a list of people they are following, with the most recent interactions displayed at the top. Tap the **two-arrow icon** to adjust the order.





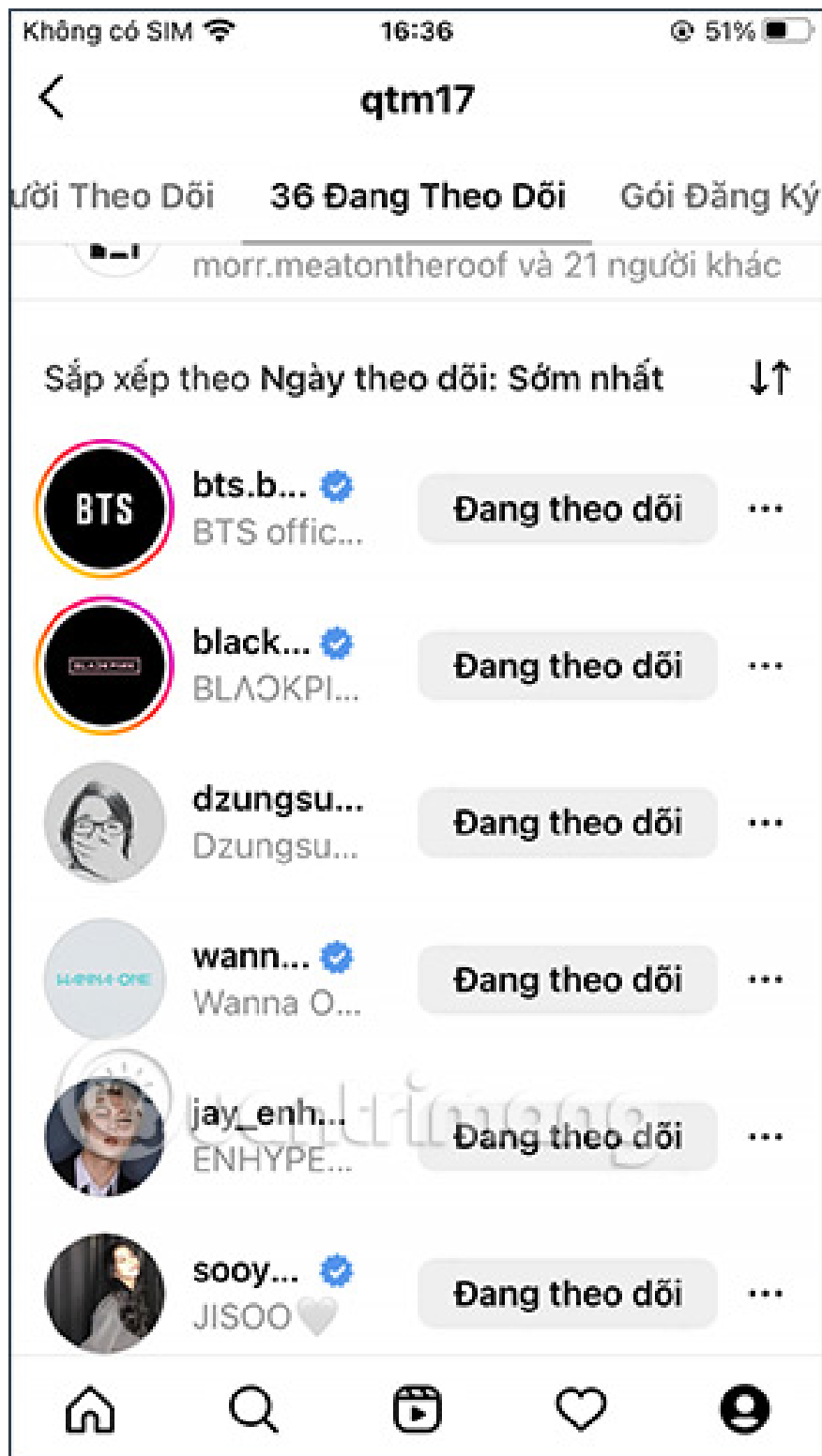
**Step 2:**

This will display the option to rearrange the list of Instagram accounts you are following. We will tap on **Follow Date: Earliest** .



**Step 3:**

The results will show the Instagram accounts you followed earliest at the top.



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