

THE Pinterest CHEAT SHEET

PROFILE
165X165

STANDARD
PIN

236 X
ANY
LENGTH

BOARD DISPLAY
217 X 147

VIDEO PINS

1:1
2:3
9:16



BEST TIMES TO POST! (CST)

Saturday: 8pm-11pm
Sunday: 8pm-11pm



BEST TIME IS 8PM-11PM

WORST TIME IS DURING WORK HOURS



HOW MANY PINS?

A good average is a **minimum** of 3 pins a day
and a **maximum** of 35 pins a day



WHAT TO FOCUS ON?

Your Bio
Rich Pins
Quality organic pins
Quality Blog Content
SEO and Keywords for pins



WANT TO LEARN MORE?

WWW.THEPINNERGRAMMER.COM

