

DARE NIGHT

INSTAGRAM STORY PLAN — WEEK 1

Post the 7 prompt cards to your own IG Stories, **one each evening (~6–8 PM local)**. The cards do the talking — the job is **consistency + a link sticker + music every time**. Prompts sweep all 5 packs.

LINK (EVERY CARD)

dare-night.app

MEASURABLE

Instagram shows as the referrer in Cloudflare Web Analytics

CADENCE

1 / day · same time-ish · save the punchiest for Fri/Sat

DAY	CARD / PACK	PROMPT	LINK STICKER TEXT	MUSIC	CUT → START AT
1	ig-story-1 🎨 Classic	Most fun terrible influence	PLAY FREE 🍷	<i>This Girl</i> — Kungs	~0:37 brass drop
2	ig-story-2 💖 Crush	A red flag you forgave because the vibe was too good	GET THE GAME	<i>One Kiss</i> — Calvin Harris & Dua Lipa	~0:48 chorus
3	ig-story-3 🌶️ Spicy	Who looks like trouble in a good outfit	TAP TO PLAY	<i>Tití Me Preguntó</i> — Bad Bunny	~0:50 beat kicks
4	ig-story-4 💀 Chaos	Return like everyone owes you money	dare-night.app	<i>Turn Down for What</i> — DJ Snake & Lil Jon	~0:12 the drop
5	ig-story-5 🗣️ Confessions	What people love once they really know you	PLAY FREE 🍷	<i>Sunday Best</i> — Surfaces	~0:00 bright hook
6	ig-story-6 🎨 Classic	A compliment that sounds like a warning	GET THE GAME	<i>Levitating</i> — Dua Lipa	~0:53 chorus
7	ig-story-7 💖 Crush	A compliment that sounds almost too honest	TAP TO PLAY	<i>Adore You</i> — Harry Styles	~0:48 chorus

How to cut the music in IG: add the music sticker → search the track → drag the scrubber to the start time above. A photo Story grabs ~15 seconds from there, so always start at the hook / drop / chorus. Timestamps are approximate — nudge a beat to taste, or swap for anything trending. · **Link sticker:** paste **dare-night.app**, then “Customize sticker text” with the text above. · **After the week:** check Cloudflare Web Analytics → referrers for instagram.com, then ask for Week 2 (390 prompts to pull from).