

Fit Mom Carlyn

FAITH | FITNESS | FAMILY | WELLNESS

Real life. Strong faith. A healthier family.

A growing community built on trust

Current verified social snapshot | September 2026
Audience figures refresh as Carlyn's channels continue to grow.



AUDIENCE SNAPSHOT

Reach and engagement across three channels



TikTok

110K

Followers

1.6M

Total Likes

1.4K

Published Videos

183.3K

Avg. Recent Video Views

10.05%

Recent Engagement Rate

2.1M

Top Recent Video Views



Instagram

2.5K

Followers

132.1K

Views - Last 30 Days

40K

Reach - Last 30 Days

4.6K

Profile Visits - Last 30 Days

5.4K

Interactions - Last 30 Days

13.47%

Engagement Rate - Last 30 Days



YouTube

395

Subscribers

64.8K

Channel Views

245

Published Videos

23.6K

Views - Last 30 Days

157

Subscribers Gained - Last 30 Days

1.2K

Likes - Last 30 Days

Audience insights

Platform-specific demographics paired with long-form and owned-platform reach.

Tiktok

AGE		GENDER		COUNTRIES	
18&€"24	8.7%	Women	90.0%	United States	76.0%
25&€"34	48.6%	Men	10.0%	Canada	4.1%
35&€"44	28.4%			United Kingdom	2.3%

I Instagram

AGE		GENDER		COUNTRIES	
35-44	24.4%	Women	68.1%	United States	91.9%
65+	20.6%	Unspecified	20.6%	Canada	3.7%
45-54	18.8%	Men	11.2%	United Kingdom	2.2%

Y YouTube

AGE		GENDER		COUNTRIES	
65+	28.4%	Men	54.7%	United States	93.0%
45-54	22.0%	Women	45.3%	Canada	3.9%
55-64	20.0%			United Kingdom	1.3%

PODCAST REACH - LAST 30 DAYS

4,224

Combined plays

7,470

Lifetime streams

14

Published episodes

445.0

Consumption hours

FAITH FIT FAMILY WEBSITE - LAST 30 DAYS

0

Unique visitors

0

Pageviews

0

Active members

0.0

Pages per session

Content that creates connection

Thoughtfully produced, brand-aligned content across Carlyn's trusted channels.

WAYS TO PARTNER

Meaningful opportunities, naturally shared

Sponsored Social Content

Authentic short-form and social storytelling created for Carlyn's engaged audience.

Brand Ambassador Partnerships

Ongoing relationships with aligned brands Carlyn can genuinely incorporate into family life.

Podcast & Platform Features

Integrated opportunities across the Faith Fit Family podcast, resources, challenges, and community.

LET'S CREATE SOMETHING MEANINGFUL

Every partnership is tailored to the brand, scope, and campaign goals.

robert@faithfitfamily.com | faithfitfamily.com/media-kit