REELS COVER CHECKLIST

Pick a frame from your reel or use a photo, add a title that stays inside the profile grid's 3:4 crop, and download a 1080×1920 cover.

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WHAT SIZE IS AN INSTAGRAM REELS COVER?

1080 by 1920 pixels, the same 9:16 frame as the reel. The profile grid then shows only the middle 3:4 of it, 1080 by 1440, so the top and bottom 240 pixels disappear there. The cover maker takes a frame from your video or a photo, keeps your title inside that middle band and downloads the cover.

WHAT THE PROFILE SHOWS OF A COVER

Grid	Visible rows	Cut from each end
Today's 3:4 grid	240 px - 1680 px	240 px
Old square grid	420 px - 1500 px	420 px

The cover itself is 1080 × 1920 px, the same 9:16 frame as the reel.

A TITLE THAT READS IN THE GRID

- [ ] Three to six words, in capitals or bold.
- [ ] Inside the middle band, never in the top or bottom 240 px.
- [ ] White on dark, black on light, or a solid label behind the words.
- [ ] The same position on every cover, so the grid looks planned.

SETTING THE COVER

While posting
On the share screen, tap Edit cover and add the image from your camera roll.

After posting
Open the reel, choose Edit, then Edit cover.

Grid crop
Use the profile preview to move the cover so the title stays centered.

USE THE FREE REELS COVER MAKER

1. **Choose your reel or a photo.** Slide through the video to the frame you want, or start from an image.
2. **Write the title.** Pick the style, size and position; the title stays inside what the grid shows.
3. **Download and upload it.** When you share the reel, tap Edit cover and add the JPG from your camera roll.

QUESTIONS PEOPLE ASK

Why does my reel cover look cut off on my profile?

The grid shows the middle 3:4 of the 9:16 cover. Text near the top or bottom edge is cropped away, so keep the title in the middle band the tool marks.

Can I change a reel cover after posting?

Yes. Open the reel, choose Edit, then Edit cover, and upload a new image from your phone.

Is my video uploaded to make the cover?

No. The video plays in your browser and the frame is drawn there. Nothing leaves your device.

DO IT IN SECONDS, FREE

Free in your ChatinFlow account: the Reels Cover Maker, every other free tool and the automations that answer your DMs.

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