

# How to submit

# 1. Download the template to your laptop

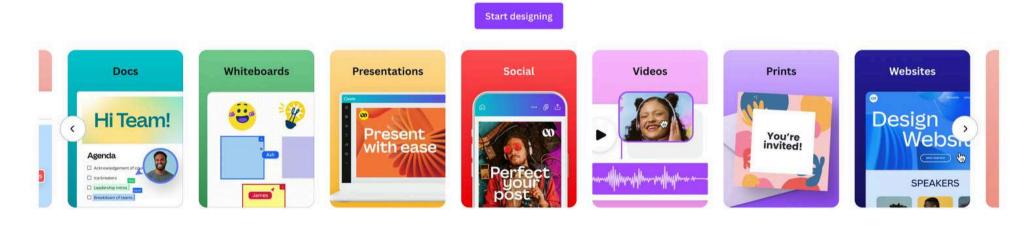


## How to submit 2. Create a canva account

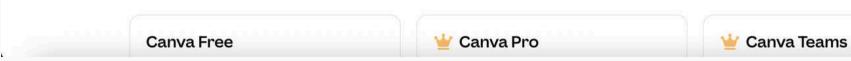
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#### What will you design today?

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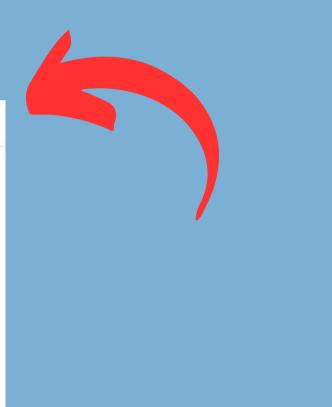


#### A perfect fit for everyone



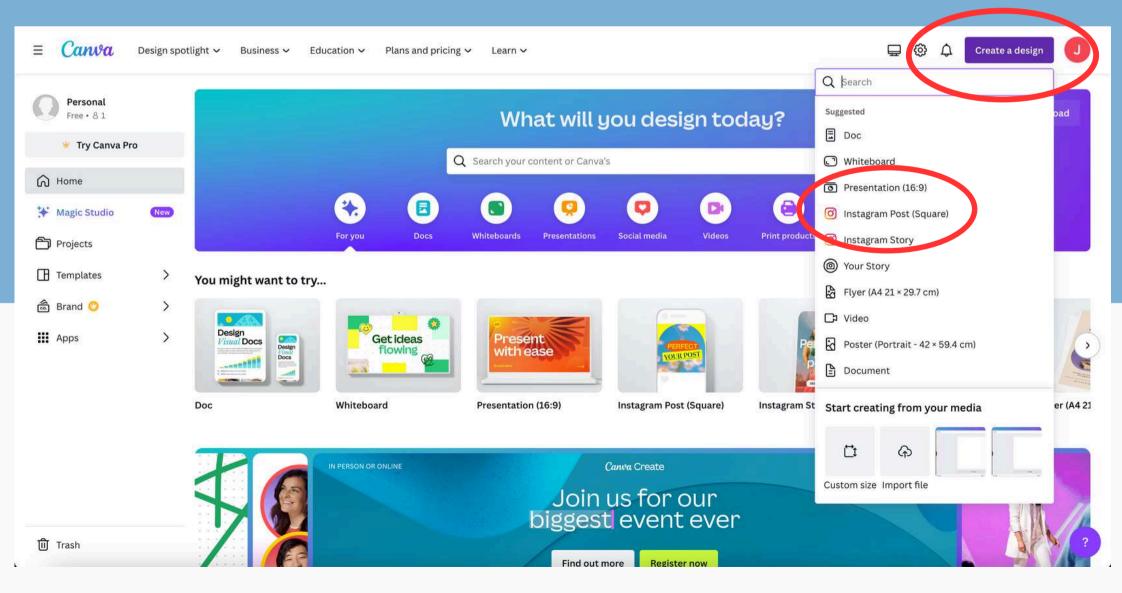
Q ? Log in

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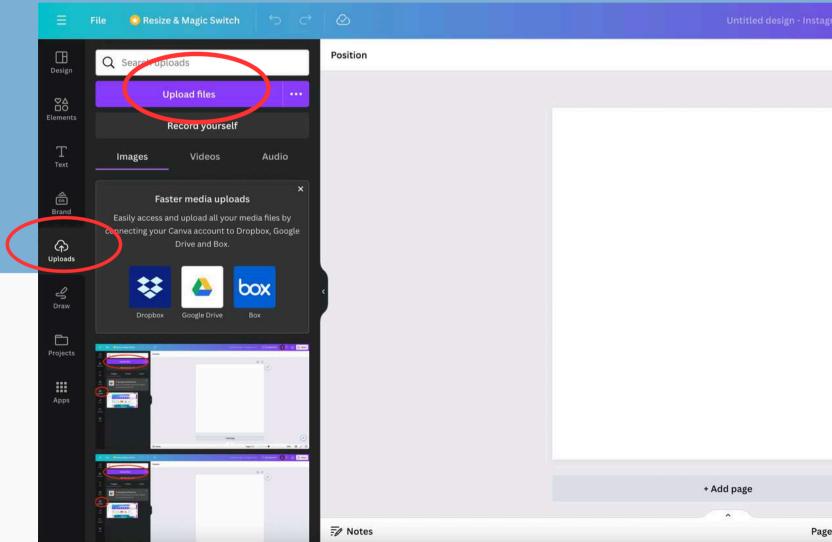


### How to submit 3. Click on "Create a design", then choose "Instagram Post (Square)"





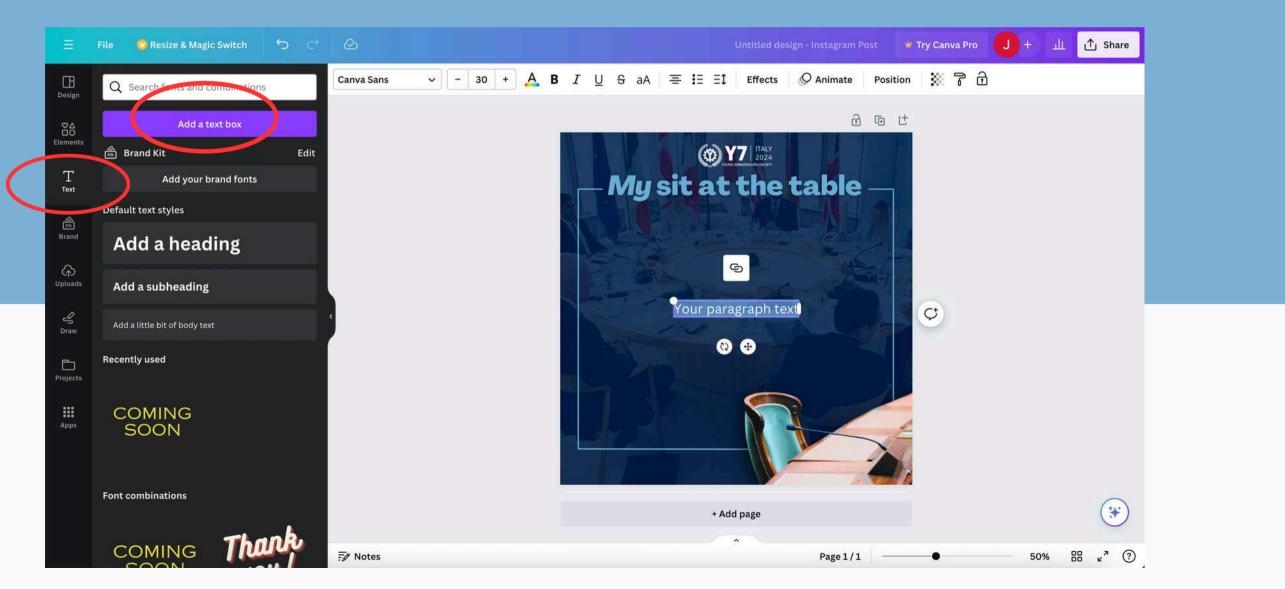
#### How to submit 4. Click on "Uploads" and "Upload files"



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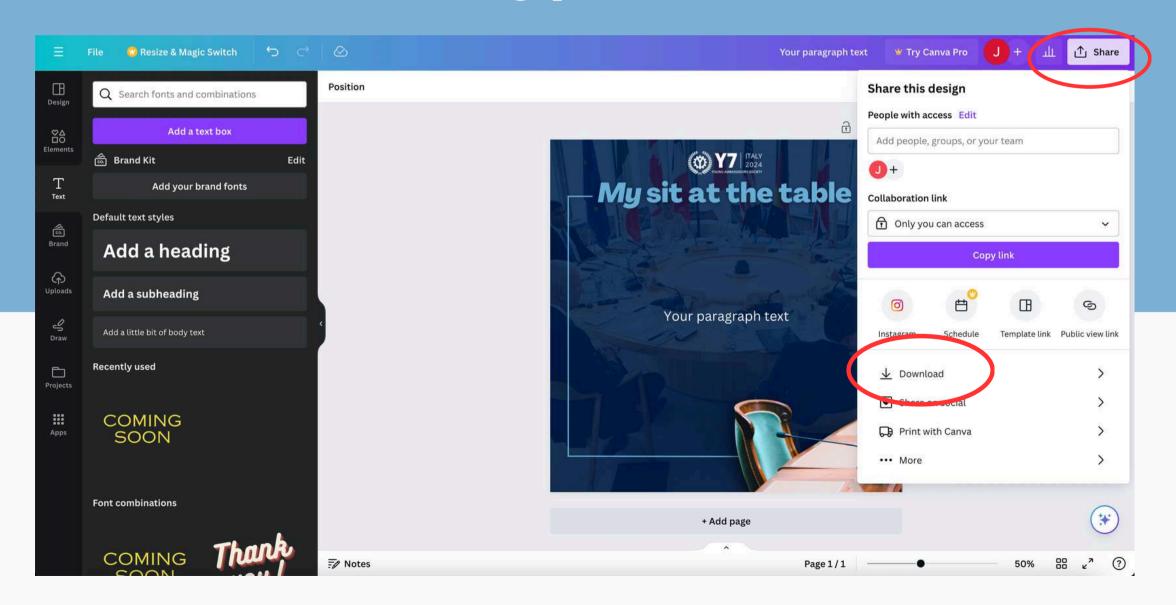


### How to submit 5. Click on "Text", then "Add a text box" and put in your suggestion!





#### How to submit 6. Click on "Share", "Download" and set file type to "PNG"





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# Finally, post it on Instagram and dont forget to tag us :)