

Sample Social Media Posting Schedule

FOCUS FOR THE WEEK:

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Facebook	Motivation Monday	Tip Tuesday	Wellness Wednesday	Throw-Back Thursday	Friday Fun	Saturday Self Care Tip	Morning Quote--loving life
	Relevant Article/Information	Team Tuesday		Relevant Article/Information			
Facebook Ads	**per goals						
Facebook Group	Engagement Question	Engagement Question	Engagement Question	Engagement Question	Engagement Question	Engagement Question	Engagement Question
Facebook Lives	Live			Live			
LinkedIn (Personal and company page) **Post anytime important news/updates		Tip Tuesday	Website		Education/Eng.		
	Relevant Article/Information			Relevant Article/Information			
Twitter	Tip series	Tip series	Tip series	Tip series	Tip series	Tip series	Tip series
5 to 10 tweets per day							
Email (Weekly or Biweekly)							
Blog		1st and 3rd of month					
Google My Business		Blog Post					
Pinterest	Weekly pin and repin posts						
Instagram **The posting dependant on quality of content available							
Facebook and Twitter Header	Change the 1st week of month or quarter						