

Weekly Social Media Posting Schedule Sample

Day	Platform	Content Type	Time	Notes
Monday	Instagram, Facebook	Motivational Quote	09:00 AM	Use branded template
Tuesday	Twitter/X, LinkedIn	Industry News	12:00 PM	Share with relevant hashtags
Wednesday	Facebook	Behind-the-Scenes Photo	03:00 PM	Engage with comments
Thursday	Instagram Stories	Poll/Question	10:00 AM	Collect audience feedback
Friday	LinkedIn	Blog Article	11:00 AM	Link to website
Saturday	Facebook, Instagram	User Generated Content	04:00 PM	Tag contributor
Sunday	Twitter/X	Weekly Recap	05:00 PM	Summarize highlights