

Weekly Social Media Posting Schedule Example

Day	Time	Platform	Content/Post	9:00 AM	Notes
		Monday			Instagram
Day	Time	Platform	Content/Post	1:00 PM	Notes
		Tuesday			Facebook
Day	Time	Platform	Content/Post	11:00 AM	Notes
		Wednesday			Twitter
Day	Time	Platform	Content/Post	5:00 PM	Notes
		Thursday			LinkedIn
Day	Time	Platform	Content/Post	10:00 AM	Notes
		Friday			Instagram Stories
Day	Time	Platform	Content/Post	3:00 PM	Notes
		Saturday			Facebook
Day	Time	Platform	Content/Post	12:00 PM	Notes
		Sunday			Twitter