

COMPANY:

MONTH:

| DATE | DAY OF THE WEEK | BLOG | EMAIL | PODCAST | FACEBOOK | INSTAGRAM | LIVE STREAM | TWITTER |
|----------|--------------------------|----------|--------------------------|----------|--------------------|---------------------|---------------------------|----------|
| SCHEDULE | X1 A WEEK (PICK ANY DAY) | X1 A DAY | X1 A WEEK (PICK ANY DAY) | X2 A DAY | X2 A DAY (IG FEED) | X2 A DAY (IG STORY) | X2 A WEEK (PICK ANY DAYS) | X2 A DAY |
| DAY | WEEK 1 | TIME | STATUS | STATUS | STATUS | STATUS | STATUS | STATUS |
| | MONDAY | | | | | | | |
| | TUESDAY | | | | | | | |
| | WEDNESDAY | | | | | | | |
| | THURSDAY | | | | | | | |
| | FRIDAY | | | | | | | |
| | SATURDAY | | | | | | | |
| | SUNDAY | | | | | | | |
| DAY | WEEK 2 | TIME | STATUS | STATUS | STATUS | STATUS | STATUS | STATUS |
| | MONDAY | | | | | | | |
| | TUESDAY | | | | | | | |
| | WEDNESDAY | | | | | | | |
| | THURSDAY | | | | | | | |
| | FRIDAY | | | | | | | |
| | SATURDAY | | | | | | | |
| | SUNDAY | | | | | | | |
| DAY | WEEK 3 | TIME | STATUS | STATUS | STATUS | STATUS | STATUS | STATUS |
| | MONDAY | | | | | | | |
| | TUESDAY | | | | | | | |
| | WEDNESDAY | | | | | | | |
| | THURSDAY | | | | | | | |
| | FRIDAY | | | | | | | |
| | SATURDAY | | | | | | | |
| | SUNDAY | | | | | | | |
| DAY | WEEK 4 | TIME | STATUS | STATUS | STATUS | STATUS | STATUS | STATUS |
| | MONDAY | | | | | | | |
| | TUESDAY | | | | | | | |
| | WEDNESDAY | | | | | | | |
| | THURSDAY | | | | | | | |
| | FRIDAY | | | | | | | |
| | SATURDAY | | | | | | | |
| | SUNDAY | | | | | | | |