

The Ideal Weekly Social Media Schedule

Feed: 3-4 posts per week

Live: 5X per week

+save posts to your feed

Stories: Every day, at least 2 new daily



Feed: One post per day

Live: 2X per week

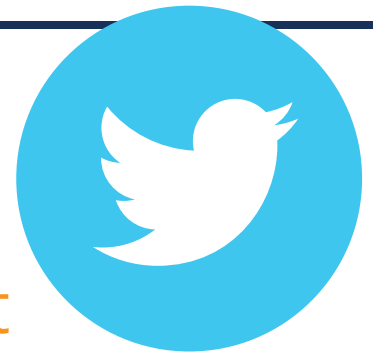
Story: Every day

Highlights: Add/delete as necessary

3-5 posts every day

Minimum of 2 per day

Don't be afraid to repeat content



If it's not engaging,
it's not worth posting!