

# Weekly Facebook Schedule

Post 4-10 times a day to increase engagement with the 80/20 rule. Help followers & they will keep coming

Enter Date							
	Sun	Mon	Tue	Wed	Thur	Fri	Sat
8:00 AM							
10:00 AM							
12:00 PM							
2:00 PM							
4:00 PM							
6:00 PM							
8:00 PM							
10:00 PM							
MP	motivational picture (your life, quote pics, product) 1-2x/day			SP		self promotion (product your selling) 1x/day	
Vid	video (your video or a viral video) 1x/day			FF		facebook follow (photo asking biz to post their links back to their FB) 1/month	
PS	post share (share a popular FB post of someone else that helps your fans) 2x/day			Q		Random question (would you rather, fill in blank, etc.) 1-2x/day	
BS or OB	blog share your blog post 1x/day or Share someone elses blog			LIVE		Go LIVE 1-2x per week or more	

