

Weekly Instagram Schedule

Post 1-2 times a day to increase engagement with the 80/20 rule.

Enter Date							
	Sun	Mon	Tue	Wed	Thur	Fri	Sat
7:00 AM							
6:00 PM							
Story 1							
Story 2							
Story 3							
MP	motivational picture (your life, quote pics, product) 1/week			SP		self promotion (product your selling) 3x/week	
Vid	video 1/week			FF		Follow Friday, interacting in your own FF or others	
PS	share a behind the scenes			Q		random question (would you rather, fill in blank, etc.) 1/week	
BS	blog share your blog post 1/week			STORY		Post once a day min	

