

When	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Always	Ads		Ads		Ads		Ads		Ads		Ads		Ads	
Always	Success Story		Success Story		Success Story		Success Story		Success Story		Success Story		Success Story	
Always	Class pictures / Video		Class pictures / Video		Class pictures / Video		Class pictures / Video		Class pictures / Video		Class pictures / Video		Class pictures / Video	
1	Rockstar Alert - Member Shoutout - FULL Story		What's going on / Things to be excited about...		Share real reviews		Workout Wednesday		Health Tips		Funny Post - You tell Jokes		Saturday Circuit / Weekend Workout	
2	Hot / Trending Content		Funny Post - Meme		Technique Tip		What's cookin Wednesday?		Share something LOCAL		Friday FREESTYLE		Share real message / emails / Reviews	
3	Best of your VIP Group - screen shots		Share your other social platforms		Pics of your Gear/ Swag / Branded Apparel		Video Announcing the Winner of Friday's Contest		Day in the Life of an Instructor!		Weekly Contest! - Like / Comment Below to WIN....		Selfie Video - Instructor Highlight	
These are your more in depth, really planned out videos - If you boost nothing else boost these	Sunday Story - Tell your story, company story, a member story, something to get people to know like trust you. Be genuine, be yourself.		GO LIVE (consistency) - Give Value- How can I help my Followers? Help Solve Common Problems by giving Solutions, Answers, and Resources.		Video - Member Success Story				GO LIVE (consistency) - Give Value- How can I help my Followers? Help Solve Common Problems by giving Solutions, Answers, and Resources.		Friday Funday at work (Behind the scenes)		Video from Saturday morning classes	