



Just check off
each box 
as you create and
automate your
scheduled posts
and clear it each
month to begin
again.

| | Week 1 | Week 2 | Week 3 | Week 4 |
|--------------------------------------|--------|--------|--------|--------|
| E-mail Newsletters (1-3 per week) | | | | |
| Blog Post (1-4 per month) | | | | |
| YouTube (1 per week) | | | | |
| Instagram (1-7 per week) | | | | |
| FaceBook (1-4 per week) | | | | |