SOCIAL MEDIA POST SCHEDULE

powerdiary.com

FACEBOOK

	Time to Post + Time Zone	Type of Content (Ex. Testimonial, Tip, Behind the Scenes)	Posting Service (Ex. Hootsuite, Buffer, Meta Business Suite)	Hashtags (Ex. #Physio)	Week of: (Ex. 6 November)	Week of:	Week of:	Week of:
Monday	6pm AEST	Behind the Scenes	Business Suite	#MelbournePhysio #MelbournePT	Video of Shelly's equipment unboxing	Video of Ben setting up clinic	Photos from staff development training	Slideshow of holiday party
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

INSTAGRAM

	Time to Post + Time Zone	Type of Content (Ex. Testimonial, Tip, Behind the Scenes)	Posting Service (Ex. Hootsuite, Buffer, Meta Business Suite)	Hashtags (Ex. #Physio)	Week of: (Ex. 6 November)	Week of:	Week of:	Week of:
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