

MONDAY

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1 REEL  
4 BIZ POST  
10-12 STORIES  
3 PERSONAL POST  
30 HASHTAGS

TUESDAY

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2 TIKTOKS  
4 BIZ POST  
4 PERSONAL POST  
10-12 STORIES  
30 HASHTAGS

WEDNESDAY

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HOST A 30 MIN  
FREE  
CLASS/LIVE  
TALK ABOUT  
PRODUCT OR  
SERVICES  
Include O & A

THURSDAY

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12-14 STORIES  
5 PERSONAL POST  
5 BIZ POST  
30 HASHTAGS

FRIDAY

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12-14 STORIES  
5 PERSONAL POST  
5 BIZ POST  
30 HASHTAGS

SATURDAY

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PREP CONTENT  
FOR  
FOLLOWING  
WEEK

SUNDAY

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PREP CONTENT  
FOR  
FOLLOWING  
WEEK

NOTES

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DOWNLOAD  
FACEBOOK  
BUSINESS  
SUITE  
FOR  
POSTING

You can post up to  
3 weeks away