

Facebook Posting Schedule

This is a general guideline and might not be right for your audience. Make adjustments and test different times as needed. This is based on general recommendations for times that perform well. You may need to make adjustments month to month based on holidays and other major events that will affect social media use.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4 pm		1 pm		11 am	
		11 am		5 pm		3 pm
	7 pm		3 pm		10 am	
			9 am	8 pm		12:30 pm
		4 pm	11 am	1 pm		
#SundayRead #SpotlightSunday #SundayFunday #WeekendVibes	#MixedGreenMondays #MeatlessMonday #MondayQuotes #MondayMood #MondayMemories #ManicureMonday #MondayThoughts #ManicMonday #MotivationMonday #MindfulMonday #MindfulnessMonday #MindfulMondayMantra	#TuesdayShoesDay #TuesdayTips #TipTuesday #TuesdayTunes #TacoTuesday #TopicTuesday #TuesdayTrivia #TuesdayTreat #TuesdayTruth #TestimonialTuesday #TransformationTuesday	#WellnessWednesday #WomensHealthWednesday #WisdomWednesday #WednesdayWonders #WayBackWednesday #WishingWednesday #WednesdayWins #Winesday #WineWednesday #WackyWednesday #WinItWednesday #WomensWednesday #WomenOwnedWednesday	#ThinkAboutItThursday #FridayEve #ThrowbackThursday #ThankfulThursday #ThursdayThoughts #ThoughtfulThursday #ThrivingThursday #Thursdate	#FeatureFriday #FridayFavorites #FridayFaves #FridayFacts #FearlessFriday #FlashbackFriday #FunnyFriday #FridayFun #FridayFeeling #FridayFeels #Friyay #FeelGoodFriday	#ShoutoutSaturday #SmallBusinessSaturday #SaturdaySelfie #SimpleSaturday