The 15-minute Social Media Planning Calendar

Constant Contact

Day	Time	Post Goals and Content	Content Link	Which social media channels are you posting to?					
	ex. 8am	What are you trying to accomplish with your post or story?	What article, video, or page do you want to drive people to?	Facebook	Instagram	X	Pinterest	LinkedIn	TikTok
Week 1									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Week 2									
Monday									
Tuesday									
Wednesday									
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Friday									
Week 3									
Monday									
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Wednesday									
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Friday									
Week 4									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									