

CONTENT CREATOR POST FREQUENCY

Campaign/Month: _____
Goal: _____

PLATFORM	TARGET	CONTENT STRATEGY / NOTES
Instagram Feed	3x / Week	
Instagram Reels	5x / Week	
TikTok	1-2x / Day	
YouTube	1x / Week	
X (Twitter)	3x / Day	
Newsletter	Weekly	
Blog/Site	Bi-Weekly	

WEEKLY PROGRESS TRACKER

Week 1:

Week 2:

Week 3:

Week 4: