

	POST FREQUENCY				
PLATFORMS:	A WEEK	A MONTH	VALUE (70%)	USER (20%)	SALE (10%)
Blog	2	10			
Facebook	14	70	49	14	7
Instagram	14	70	49	14	7

BREAKDOWN				
	1 MONTH		1 WEEK	
POST TYPE	Facebook	Instagram	Facebook	Instagram
<b>VALUE</b>				
<b>BLOG</b>	10	10	2	2
<b>BLOG REMINDER POST</b>	10	0	2	0
<b>CURATED CONTENT</b>	15	0	3	0
<b>TIPS</b>	5	5	1	1
<b>MOTIVATION</b>	0	30	0	7
<b>USER</b>				
<b>SMALL BUSINESSES</b>	10	10	2	2
<b>B.T.S CLIENT</b>	4	4	0	0
<b>SALE</b>				
<b>CLIENT IMAGE</b>	2	2	0	0
<b>TEXT POST</b>	5	5	1	1

WEEKLY SCHEDULE		
	FACEBOOK	INSTAGRAM
MONDAY	Blog1	Blog1 & Motivation
TUESDAY	Video Tip & Share Business	Video Tip & Motivation
WEDNESDAY	Blog1 Reminder & Curated Content	Share business & Motivation
THURSDAY	Blog2	Blog2 & Motivation
FRIDAY	Share Business & Curated Content	Share business & Motivation
SATURDAY	Blog2 Reminder & Coming Soon	Motivation & Coming soon
SUNDAY	Curated Content	Motivation