

WHEN TO POST ON SOCIAL MEDIA

FOR OPTIMAL ENGAGEMENT

A Private Practice guide for getting the most out of your social media efforts.

DAYS TO POST

	S	M	T	W	TH	F	S
f				X	X	X	X
🐦				X	X	X	
📌							X
📷	X	X	X	X	X	X	X

TIMES TO POST

f 1 - 4 PM	🐦 12 - 1 PM & 5 - 7 PM	📌 6 AM - Noon	📷 7 - 9 AM & 4 - 6 PM
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