

V.I.R.A.L. POSTING PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Share a Quote (<i>inspiration</i>) #motivationmonday</p>	<p>Photo of Your Shake (<i>share recipe</i>) #tuesdaytreat</p>	<p>Share a Wise Word (<i>lesson learned</i>) #wisdomwednesday</p>	<p>Share Your Gratitude (<i>thankfulness</i>) #thankfulthursday</p>	<p>Share a Freedom (<i>because of JPVF</i>) #freedomfriday</p>
<p>Share a Memory (<i>ask about favorite</i>) #mondaymemory</p>	<p>Share a Result (<i>without saying JP</i>) #transformationtuesday</p>	<p>Share a Workout (<i>workout related</i>) #workoutwednesday</p>	<p>Ask a Question? (<i>area of interest</i>) #thursdaythoughts</p>	<p>Share a Workout (<i>yoga, walk, etc.</i>) #flexfriday</p>
<p>Share a Recipe (<i>meatless recipe</i>) #meatlessmonday</p>	<p>Share a Friend's Story (<i>with permission</i>) #transformationtuesday</p>	<p>Share our Mission (<i>healthy living</i>) #wellnesswednesday</p>	<p>Share a Healthy Drink (<i>afternoon pickup</i>) #thirstythursday</p>	<p>Share a Book (<i>what you're reading</i>) #fridayreads</p>
<p>Stressing Less (<i>share how</i>) #mindfulmonday</p>	<p>Share a Health Tip (<i>focus on Core4</i>) #tiptuesday</p>	<p>Share a Change in You (<i>health/mindset</i>) #waybackwednesday</p>	<p>Share Healthy Change (<i>skin, hair, etc.</i>) #throwbackthursday</p>	<p>Ask a Question? (<i>make it fun!</i>) #fearlessfriday</p>
<p>Intentions for the Week (<i>share yours</i>) #manicmonday</p>	<p>Share How You Give Back (<i>volunteer/charity</i>) #givingtuesday</p>	<p>Share Your Energy (<i>how you feel</i>) #humpday</p>	<p>Share a Selfie (<i>positive pic</i>) #thursdayselfie</p>	<p>Highlight an Influencer (<i>inspires you</i>) #followfriday</p>

VALUE • INSPIRATION • RESULTS • ATTRACTION • LIFESTYLE

Use popular hashtags for each day of the week. Try to post 2-5 times per day.
Start Conversations by engaging with your likes and comments. Have FUN with it.