

Weekly Instagram Content Plan Worksheet

The content plan on the next two pages will help you schedule and strategize your Instagram posts for one week. There are also sections to write down your hitlist, notes and hashtags.

Completing this plan for every week will keep you on track towards creating a consistent feed, staying accountable to your schedule and make posting 2-3 times per day effortless.

This worksheet can be used as an on-going tool by printing out it out multiple times.

You can also use the plan as a strict 7-day schedule for launching new products or services, announcing sales, running giveaways or achieving a specific goal.

As you shoot, edit or find your photos, create a folder on your phone called 'To Post' and put all your final edited photos in there that you'll be posting.

Here's an example of how to fill out the content plan:

HITLIST	DATE	TIME	PHOTO + CAPTION	CHECKLIST	<input checked="" type="checkbox"/>
1. @ 2. @ 3. @ 4. @ 5. @ 6. @ List your 30 hashtags that you will use for your posts 7. @ 8. @ 9. @ 10. @ 11. @ 12. @ 13. @ 14. @ 15. @ 16. @	May 20	9:30am	PHOTO: Floating pineapple in the ocean from Turks & Caicos CAPTION: What do you crave? Sweet or salty? *Pineapple emoji	<input type="checkbox"/> PHOTO <input type="checkbox"/> CAPTION <input type="checkbox"/> LOCATION TAG <input type="checkbox"/> HIDE 30 HASHTAGS <input type="checkbox"/> TAG 10 HITLIST @	<input type="checkbox"/>
		4:00pm	PHOTO: Color pink sunset palm tree silhouette (IMG4938.jpg) CAPTION: Where is your next vacation? *Palm tree + airplane emoji	<input type="checkbox"/> PHOTO <input type="checkbox"/> CAPTION <input type="checkbox"/> LOCATION TAG <input type="checkbox"/> HIDE 30 HASHTAGS <input type="checkbox"/> TAG 10 HITLIST @	<input type="checkbox"/>
		9:30pm	PHOTO: Bright blue ocean CAPTION: Bahamas bound in less than 6 days. *Sunshine emoji	<input type="checkbox"/> PHOTO <input type="checkbox"/> CAPTION <input type="checkbox"/> LOCATION TAG <input type="checkbox"/> HIDE 30 HASHTAGS <input type="checkbox"/> TAG 10 HITLIST @	<input type="checkbox"/>

*There is also a section for your Hitlist and notes.

Check off each item so you don't forget to include it in each post

Once you post the photo, check it off. Woo!



HITLIST	DATE	TIME	PHOTO + CAPTION	CHECKLIST	<input checked="" type="checkbox"/>
1. @			PHOTO:	<input type="checkbox"/> PHOTO	<input type="checkbox"/>
2. @			CAPTION:	<input type="checkbox"/> CAPTION	
3. @				<input type="checkbox"/> LOCATION TAG	
4. @				<input type="checkbox"/> HIDE 30 HASHTAGS	<input type="checkbox"/>
5. @				<input type="checkbox"/> TAG 10 HITLIST @	
6. @					
7. @			PHOTO:	<input type="checkbox"/> PHOTO	<input type="checkbox"/>
8. @			CAPTION:	<input type="checkbox"/> CAPTION	
9. @				<input type="checkbox"/> LOCATION TAG	
10. @				<input type="checkbox"/> HIDE 30 HASHTAGS	<input type="checkbox"/>
11. @				<input type="checkbox"/> TAG 10 HITLIST @	
12. @					
13. @			PHOTO:	<input type="checkbox"/> PHOTO	<input type="checkbox"/>
14. @			CAPTION:	<input type="checkbox"/> CAPTION	
15. @				<input type="checkbox"/> LOCATION TAG	
16. @				<input type="checkbox"/> HIDE 30 HASHTAGS	<input type="checkbox"/>
17. @				<input type="checkbox"/> TAG 10 HITLIST @	
18. @					
19. @			PHOTO:	<input type="checkbox"/> PHOTO	<input type="checkbox"/>
20. @			CAPTION:	<input type="checkbox"/> CAPTION	
21. @				<input type="checkbox"/> LOCATION TAG	
22. @				<input type="checkbox"/> HIDE 30 HASHTAGS	<input type="checkbox"/>
23. @				<input type="checkbox"/> TAG 10 HITLIST @	
24. @					
25. @			PHOTO:	<input type="checkbox"/> PHOTO	<input type="checkbox"/>
26. @			CAPTION:	<input type="checkbox"/> CAPTION	
27. @				<input type="checkbox"/> LOCATION TAG	
28. @				<input type="checkbox"/> HIDE 30 HASHTAGS	<input type="checkbox"/>
29. @				<input type="checkbox"/> TAG 10 HITLIST @	
30. @					
31. @			PHOTO:	<input type="checkbox"/> PHOTO	<input type="checkbox"/>
32. @			CAPTION:	<input type="checkbox"/> CAPTION	
33. @				<input type="checkbox"/> LOCATION TAG	
34. @				<input type="checkbox"/> HIDE 30 HASHTAGS	<input type="checkbox"/>
35. @				<input type="checkbox"/> TAG 10 HITLIST @	
36. @					
37. @			PHOTO:	<input type="checkbox"/> PHOTO	<input type="checkbox"/>
38. @			CAPTION:	<input type="checkbox"/> CAPTION	
39. @				<input type="checkbox"/> LOCATION TAG	
40. @				<input type="checkbox"/> HIDE 30 HASHTAGS	<input type="checkbox"/>
41. @				<input type="checkbox"/> TAG 10 HITLIST @	
42. @					
43. @			PHOTO:	<input type="checkbox"/> PHOTO	<input type="checkbox"/>
44. @			CAPTION:	<input type="checkbox"/> CAPTION	
45. @				<input type="checkbox"/> LOCATION TAG	
46. @				<input type="checkbox"/> HIDE 30 HASHTAGS	<input type="checkbox"/>
47. @				<input type="checkbox"/> TAG 10 HITLIST @	
48. @					
49. @			PHOTO:	<input type="checkbox"/> PHOTO	<input type="checkbox"/>
50. @			CAPTION:	<input type="checkbox"/> CAPTION	
				<input type="checkbox"/> LOCATION TAG	
				<input type="checkbox"/> HIDE 30 HASHTAGS	<input type="checkbox"/>
				<input type="checkbox"/> TAG 10 HITLIST @	



HASHTAGS	DATE	TIME	PHOTO + CAPTION	CHECKLIST	<input checked="" type="checkbox"/>	
1. #			PHOTO:	<input type="checkbox"/> PHOTO	<input type="checkbox"/>	
2. #			CAPTION:	<input type="checkbox"/> CAPTION		
3. #				<input type="checkbox"/> LOCATION TAG		
4. #				<input type="checkbox"/> HIDE 30 HASHTAGS		
5. #				<input type="checkbox"/> TAG 10 HITLIST @		
6. #				PHOTO:		<input type="checkbox"/> PHOTO
7. #				CAPTION:		<input type="checkbox"/> CAPTION
8. #						<input type="checkbox"/> LOCATION TAG
9. #						<input type="checkbox"/> HIDE 30 HASHTAGS
10. #						<input type="checkbox"/> TAG 10 HITLIST @
11. #				PHOTO:		<input type="checkbox"/> PHOTO
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21. #				PHOTO:		<input type="checkbox"/> PHOTO
22. #				CAPTION:		<input type="checkbox"/> CAPTION
23. #						<input type="checkbox"/> LOCATION TAG
24. #						<input type="checkbox"/> HIDE 30 HASHTAGS
25. #						<input type="checkbox"/> TAG 10 HITLIST @
26. #				PHOTO:		<input type="checkbox"/> PHOTO
27. #				CAPTION:		<input type="checkbox"/> CAPTION
28. #						<input type="checkbox"/> LOCATION TAG
29. #						<input type="checkbox"/> HIDE 30 HASHTAGS
30. #						<input type="checkbox"/> TAG 10 HITLIST @
NOTES			PHOTO:	<input type="checkbox"/> PHOTO	<input type="checkbox"/>	
			CAPTION:	<input type="checkbox"/> CAPTION		
				<input type="checkbox"/> LOCATION TAG		
				<input type="checkbox"/> HIDE 30 HASHTAGS		
				<input type="checkbox"/> TAG 10 HITLIST @		
			PHOTO:	<input type="checkbox"/> PHOTO	<input type="checkbox"/>	
			CAPTION:	<input type="checkbox"/> CAPTION		
				<input type="checkbox"/> LOCATION TAG		
				<input type="checkbox"/> HIDE 30 HASHTAGS		
				<input type="checkbox"/> TAG 10 HITLIST @		
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			CAPTION:	<input type="checkbox"/> CAPTION		
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