

General	Completed 4 Points each
● Plan and schedule your social media for the week	
● Create a new Blog, Vlog, or Podcast to be released that week	
● Make a plan for the week for which Twitter Hours you will be attending	
Facebook	
● Post at least once a day on your business page	
● Post a 60 second video on your business page at least twice	
● Post a link to an existing piece of content	
● Post at least twice in a group (with one not a selling question)	
● Complete a Facebook Live	
Twitter	
● Post at least twice a day	
● Like at least 10 posts and share at least 2 per day (on average)	
● Comment on 5 posts per day	
● Take part in at least one Networking Hour/Twitter Chat on Twitter	
● Check out your analytics to see what worked, and what needs tweaking.	
Instagram	
● Post at least once a day	
● Record a 3 part story for at least 3 days	

● Like at least 10 posts per day	
● Comment on 5 posts per day	
● Like and comment in at least 10 hashtags during the week	
LinkedIn	
● Post at least once a day	
● Post a video at least once	
● Publish an article at least once	
● Contact 5 people each day to say hello and start a conversation	
● Comment in at least 5 groups	
Networking	
● Follow the people you have met at Networking events and networking hours on all social media	
● Like at least 3 of the posts and comment on at least 1	
Your score last week was:	/100
Your Score this week is:	/100
Things I will focus on this week:	
1.	
2.	
3.	
4.	
5.	