

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

IMPORTANT

CHECKLIST

LEGEND

PROCESS

CATEGORIES

PHOTO

- Title / theme / idea
- Create subject (page / artwork / dish...)
- Plan photo (layout, background, props...)
- Photograph
- Edit photo
- Write caption text
- Publish (Instagram, Pinterest, Twitter...)
- Engage
- Track statistics

VIDEO

- Title / theme / idea
- Plan video (layout, background, props...)
- Filming creation (page / artwork / dish...)
- Record intro / outro
- Edit video
- Add voiceover
- Add music
- Write caption text
- Publish (Instagram, TikTok, YouTube, Pinterest, Twitter...)
- Engage
- Track statistics