

# SOCIAL MEDIA

## *Engagement* TRACKER



HEATHER HARTMAN  
*Coaching*

# How do I use it?

- I SUGGEST SAVING THIS SO YOU CAN USE, EDIT AND RE-USE IT! [CLICK HERE TO SAVE IN CANVA](#), OR [CLICK HERE TO SAVE AS PDF CHECKLIST](#)!
- FEEL FREE TO PRINT, OR USE IT ELECTRONICALLY- YOUR PREFERENCE.
- TRY TO DO AT LEAST TWO THINGS FROM THE LEFT COLUMN PER DAY. CHECK THE BOX ONCE YOU'RE DONE!
- TRY TO ALTERNATE & MIX UP THE DIFFERENT ACTIVITIES THAT YOU CHOOSE TO DO!
- I MADE SAT & SUN RED, PRIMARILY TO REMIND YOU THAT YOU NEED TO HAVE DAYS OFF, SO THAT YOU CAN FOCUS ON SELF CARE ETC. HOWEVER, DON'T FEEL OBLIGATED TO HAVE THOSE DAYS BE SAT/SUN - I KNOW MANY ONLINE ENTREPRENEURS WHO DON'T WORK MON/FRI, OR SUN/MON....JUST REMEMBER TO DO WHAT FEELS BEST FOR YOU!



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	MON	TUE	WED	THU	FRI	SAT	SUN
SHARE AN IG STORY							
POST IN PUBLIC FB GROUP							
POST ON INSTAGRAM							
GO LIVE ON INSTAGRAM							
SHARE A FUNNY RELEVANT MEME							
GO LIVE IN YOUR FB GROUP							
ENGAGE IN PUBLIC FB GROUP							
OFFER/ASK FOR HELP IN FB GROUP							
OFFER FREEBIE IN A FB GROUP							
MAIL LIST A NEWSLETTER							

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	MON	TUE	WED	THU	FRI	SAT	SUN
YOUR TEXT							
YOUR TEXT							
POST ON INSTAGRAM							
YOUR TEXT							
YOUR TEXT							
YOUR TEXT							
YOUR TEXT							
OFFER/ASK FOR HELP IN FB GROUP							
YOUR TEXT							
YOUR TEXT							