



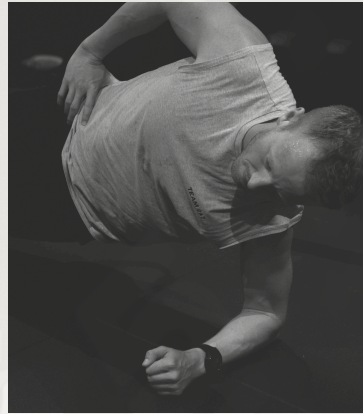




# 7 Day Social Media Planner For Personal Trainers.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reel	Story	Post	Reel	Story	Reel/Post	Reel
						
<b>Walk Through</b> Get a mic on and take your client base through an instructive sessions showing the movements within the sessions explaining how to optimise performance.	<b>Advice</b> Upload a high quality image of you helping a client out to your story with a Q&A box to offer any assistance for free of charge to engage conversation. Ensure not to be a hard sales person during this!	<b>Story Time</b> Upload a carousel of images with overlay text that showcases a story that is relevant to your clientele about your own personal journey.	<b>Mic Session</b> Attach a mic to yourself and run a session as normal. The higher the quality video and audio the better. Include interactions with clients and explanations of exercises. Aim for 20-40 seconds.	<b>Freebie</b> Create program and post to your story with a link to a free 7 day program aimed at your specific clientele. Offering something free is giving value to your followers.	<b>Testimonial</b> Ask a current client for a testimonial either on video (ideal) or via text. Ask them questions about their experience and how their new fitness experience makes them feel.	<b>Day In The Life</b> Take your followers through a day in the life via your story chatting to the camera giving them a personal insight to your day.