

SOCIAL MEDIA CALENDAR 2023

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28 ● INT PRIDE DAY	29	30	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17 ● WORLD EMOJI DAY	18	19	20	21	22
23	24 ● INT SELF CARE DAY	25	26	27	28	29 ● NATIONAL LIPSTICK DAY
30 ● INT FRIENDSHIP DAY	31	01	02	03	04	05

07. JUL

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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SOCIAL MEDIA CALENDAR 2023

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01 ● NAT GIRLFRIEND DAY	02	03	04	05
06	07	08 ● INT CAT DAY	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23 ● HASHTAG DAY	24	25	26 ● INT DOG DAY
27	28	29	30	31	01	02

08. AUG

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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SOCIAL MEDIA CALENDAR 2023

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18 ● NAT CHEESEBURGER DAY	19	20	21 ● INT DAY OF PEACE	22	23 ● AUTUMNAL EQUINOX
24	25	26	27	28	29	30

09. SEP

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

SOCIAL MEDIA CALENDAR 2023

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 ● BLACK HISTORY MONTH ● INT COFFEE DAY	02	03	04	05 ● WORLD TEACHERS DAY	06 ● WORLD SMILE DAY	07
08	09	10 ● MENTAL HEALTH DAY	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 ● HALLOWEEN	01	02	03	04

10. OCT

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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SOCIAL MEDIA CALENDAR 2023

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01 ● MOVEMBER	02	03	04
05 ● BONFIRE NIGHT	06	07	08	09	10	11
12	13 ● KINDNESS DAY	14	15	16	17	18 ● BBC CHILDREN IN NEED
19	20	21	22	23	24 ● BLACK FRIDAY	25
26	27	28	29	30	01	02

11. NOV

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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SOCIAL MEDIA CALENDAR 2023

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	01	02
03	04	05	06	07 ● HANUKKAH	08	09
10	11 ● GREEN MONDAY	12	13	14	15	16
17	18	19	20	21 ● WINTER SOLSTICE	22	23
24 ● CHRISTMAS EVE	25 ● CHRISTMAS DAY	26 ● KWANZAA	27	28	29	30
31 ● NYE	01	02	03	04	05	06

12. DEC

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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SOCIAL MEDIA CALENDAR 2024

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01 ● VEGANUARY ● NEW YEARS DAY	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20 ● WORLD RELIGION DAY
21	22	23	24	25	26 ● FUN AT WORK DAY	27 ● CHOCOLATE CAKE DAY
28	29	30	31	01	02	03
04	05	06	07	08	09	10

01. JAN

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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SOCIAL MEDIA CALENDAR 2024

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01 ● BLACK HISTORY MONTH	02	03
04	05	06	07	08	09 ● NAT PIZZA DAY	10
11	12 ● PANCAKE DAY	13 ● GALENTINES	14 ● VALENTINES	15	16	17
18	19	20 ● LOVE YOUR PET DAY	21	22	23	24
25	26	27	28	29	01	02
03	04	05	06	07	08	09

02. FEB

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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SOCIAL MEDIA CALENDAR 2024

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	01 <small>● WOMENS HISTORY MONTH</small>	02
03	04 <small>● BRITISH PIE WEEK</small>	05	06	07	08	09
10 <small>● MOTHERS DAY</small>	11	12	13	14	15	16
17	18	19	20 <small>● SPRING EQUINOX</small>	21	22	23
24	25	26	27	28	29 <small>● GOOD FRIDAY</small>	30
31 <small>● EASTER SUNDAY</small>	01	02	03	04	05	06

03. MAR

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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SOCIAL MEDIA CALENDAR 2024

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01 ● APRIL FOOLS DAY	02	03	04	05	06
07	08	09	10	11 ● NATIONAL PET DAY	12	13
14	15 ● WORLD ART DAY	16	17	18	19	20
21	22 ● EARTH DAY	23	24	25	26	27
28	29	30	01	02	03	04
05	06	07	08	09	10	11

04. APR

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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SOCIAL MEDIA CALENDAR 2024

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01 ● MAY DAY	02	03	04
05 ● WORLD LAUGHTER DAY	06	07	08	09	10	11
12	13 ● COCKTAIL DAY	14	15	16	17	18
19 ● WORLD BAKING DAY	20	21	22	23	24	25
26	27 ● SPRING BANK HOLIDAY	28	29	30	31	01
02	03	04	05	06	07	08

05. MAY

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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SOCIAL MEDIA CALENDAR 2024

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
02	03	04	05	06	07	08 <small>● BEST FRIENDS DAY</small>
09	10	11	12	13	14	15
16 <small>● FATHERS DAY</small>	17	18	19	20	21 <small>● SUMMER SOLSTICE</small>	22
23 <small>● NAT PINK DAY</small>	24	25	26	27	28	29
30	01	02	03	04	05	06

06. JUN

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01	02	03	04	05	06
07	08	09	10	11 ● WORLD POPULATION DAY	12	13
14	15	16	17	18	19	20
21 ● ICE CREAM DAY	22	23	24	25	26	27
28	29 ● LIPSTICK DAY	30 ● INT FRIENDSHIP DAY	31	01	02	03
04	05	06	07	08	09	10

07. JUL

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01 ● NAT GIRLFRIEND DAY	02	03
04	05	06	07	08	09	10 ● LAZY DAY
11	12	13	14	15 ● NAT RELAXATION DAY	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 ● NAT BEACH DAY	31
01	02	03	04	05	06	07

08. AUG

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15 ● NAT WIFE DAY	16	17	18 ● NAT CHEESE BURGER DAY	19	20	21 ● INT DAY OF PEACE
22 ● AUTUMNAL EQUINOX	23	24	25 ● WORLD DREAM DAY	26	27	28
29 ● WORLD HEART DAY	30	01	02	03	04	05
06	07	08	09	10	11	12

09. SEP

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	01 ● INT MUSIC DAY	02	03 ● NAT BOYFRIEND DAY	04 ● WORLD SMILE DAY	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 ● HALLOWEEN	01	02
03	04	05	06	07	08	09

10. OCT

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01 ● MOVEMBER	02
03	04	05	06	07	08	09 ● BRITISH PUDDING DAY
10	11 ● REMEMBRANCE DAY	12	13 ● WORLD KINDNESS DAY	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 ● BLACK FRIDAY	30
01	02	03	04	05	06	07

11. NOV

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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SOCIAL MEDIA CALENDAR 2024

ACCOUNT @ _____

FOR BETTER
FOR WORSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21 ● WINTER SOLSTICE
22	23	24 ● XMAS EVE	25 ● XMAS DAY	26	27	28
29	30	31 ● NYE	01	02	03	04
05	06	07	08	09	10	11

12. DEC

GOALS

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CONTENT IDEAS

● IMPORTANT DAYS

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