SIMPLE CONTENT CALENDAR TEMPLATE EXAMPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mow-To Video Test post 1	How-To Video	How-To Video	TOPIC	TORIC	TORC	TONG
	Test post 2	Milestone A	Post I	Post 2	No weekend post	No weekend post
Best Recipes	Best Recipes	Best Recipes	TOPIC	TOPIC	TORIC	TOPIC
FACEBOOK Audience pol	Audience pol	Polineouths post	Photo leature	Photo feature	Weekend audience got	Followalls
Career Goals	Career Goals	Coreer Goals	TOPIC	TOPIC	10HC	TOPIC
EINEEDIN Audience pol	Audience pol	Followalls post	Top 5 orticle	Photo leature	No weekend post	No westend post
Campaign Beta	Compaign Beta	Campaign Beta	TOPIC	TORIC	TOPIC	10910
Internal meeting - no poets	Compaign Beta launch	Compaign Beta video	Photo leature	Photo leature	Weekend audience golf	Poliresults
	How-To Video Test post 1 Best Recipes Audience pol Coreer Goals Audience pol Campaign Beta Internal meeting - no	How To Video Test post 1 Best Recipes Best Recipes Audience pol Coreer Goals Coreer Goals Audience pol Campaign Beta Compaign Beta Compaign Beta Compaign Beta	How-To Video How-To Video How-To Video Test post 1 Test post 2 Allesfone A Best Recipes Best Recipes Best Recipes Audience pol Audience pol Folireouts post Career Goals Career Goals Career Goals Audience pol Folireouts post Campaign Beta Campaign Beta Campaign Beta	How-To Video How-To Video How-To Video TORIC Test post 1 Test post 2 Milestone A Post 1 Best Recipes Best Recipes Best Recipes TORIC Audience pol Audience pol Polinesuffs post Photo feature Coreer Goals Coreer Goals Coreer Goals TORIC Audience pol Audience pol Polinesuffs post Top 3 article Compalign Seta Compalign Seta Compalign Seta TORIC	How-To Video How-To Video How-To Video TOPIC TOPIC Test post 1 Test post 2 Milestone A Past 1 Past 2 Best Recipes Best Recipes Best Recipes TOPIC TOPIC Audience poli Audience poli Politeculto post Photo leature Photo leature Coreer Goals Coreer Goals Coreer Goals TOPIC TOPIC Audience poli Audience poli Politeculto post Topi Coreer Goals TOPIC TOPIC Compalgo Beta Compalgo Beta Compalgo Beta Posto leature Photo leature Compalgo Beta Compalgo Beta Compalgo Beta Posto leature	How to Vides How to Vides Hew To Vides TORIC TORIC TORIC Test poet 1 Test poet 2 Milestone A Past I Pest 2 No weekend poet Best Recipes Best Recipes Best Recipes TORIC TORIC TORIC Audience poil Audience poil Politerally poet Photo feature Photo feature poil Career Goals Career Goals Career Goals TORIC TORIC TORIC Audience poil Audience poil Politerally poet Top 3 orticle Photo feature No weekend poet Campaign Beta Campaign Beta Campaign Beta TORIC TORIC TORIC Internal meeting - no Campaign Beta Campaign Beta Posta feature Posta feature Weekend audience

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with your weaker foot so it s ahead of your dominant foot bring your hands up to the height of your chin 1

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