

Social Media Cheat Sheet

Use this free cheat sheet to help you post to your social media accounts at the optimal time each day for maximum likes, favorites, shares and retweets.

Facebook

Weekdays: Between 12:00 PM and 3:00 PM

Weekends: Between 12:00 PM and 1:00 PM

NUMBER
01



NUMBER
02

Instagram

Weekdays: Between 12:00 PM and 1:00 PM

Twitter

Weekdays: At 3:00 PM

NUMBER
03



NUMBER
04

LinkedIn

Weekdays: At 7:45 AM, 10:45 AM, 12:45 PM and 5:45 PM

Pinterest

Weekends: Between 8:00 PM and 11:00 PM

NUMBER
05

