

365-Day Dental Content Framework

Refund-Resistance 10/10

PDF + Mobile Friendly

Built for Dentists

This includes a **literal 365-day list** (for buyers who expect it) plus the calm weekly framework (so nobody burns out).

Read This First (So It Works)

You are **not** expected to post daily. This system is designed for **3 core videos/week**. The other days are optional prompts if you want to go faster.

Core days are marked in the calendar. If you only do the core days, you still cover the full year consistently.

How This Equals 365 Days (Read Once)

This document includes a **literal Day 1 → Day 365** prompt list so nothing feels missing. But you are **not** expected to post daily.

The recommended path is the **CORE** days only: **3 posts/week × 52 weeks = 156 high-quality videos** per year. That's more than enough to dominate your local market without burnout.

The remaining days are **OPTIONAL** prompts for dentists who want extra volume. Same system, more speed.

In other words: **it's a full year calendar + a stress-free plan**. Intentional. Plug-and-play.

The Weekly Structure

Video 1: Trust or Education

Video 2: Booking or Objection Removal

Video 3: Authority or Treatment Explanation

One take. Calm tone. Professional. Repeat weekly.

365-Day Calendar (Literal Edition)

Each day gives you a clear prompt and tells you which script to use from the **100 Viral Dental Video Scripts** pack. Use the 3 weekly **CORE** days if you want the simplest path.

DAY	PRIORITY	CATEGORY	PROMPT
1	OPTIONAL	Authority	Authority: bleeding gums (Use Script #26)
2	CORE	Trust	Trust: tooth sensitivity (Use Script #27)
3	OPTIONAL	Treatments	Treatments: bad breath (Use Script #53)
4	OPTIONAL	Authority	Authority: kids cavities (Use Script #29)
5	CORE	Bookings	Bookings: night grinding (Use Script #5)
6	OPTIONAL	Objections	Objections: whitening reality (Use Script #31)
7	CORE	Education	Education: implants ROI (Use Script #82)
8	OPTIONAL	Education	Education: veneers planning (Use Script #83)
9	CORE	Trust	Trust: clear aligners (Use Script #34)
10	OPTIONAL	Treatments	Treatments: root canal truth (Use Script #60)

DAY	PRIORITY	CATEGORY	PROMPT
11	OPTIONAL	Trust	Trust: wisdom teeth (Use Script #36)
12	CORE	Education	Education: gum recession (Use Script #87)
13	OPTIONAL	Viral	Viral: enamel wear (Use Script #88)
14	CORE	Treatments	Treatments: flossing (Use Script #64)
15	OPTIONAL	Bookings	Bookings: mouthwash myth (Use Script #15)
16	CORE	Bookings	Bookings: sugar frequency (Use Script #16)
17	OPTIONAL	Education	Education: acidic drinks (Use Script #92)
18	OPTIONAL	Treatments	Treatments: sports drinks (Use Script #68)
19	CORE	Social Proof	Social Proof: coffee stains (Use Script #69)
20	OPTIONAL	Treatments	Treatments: smoking & gums (Use Script #70)
21	CORE	Bookings	Bookings: pregnancy gums (Use Script #21)
22	OPTIONAL	Trust	Trust: diabetes & gums (Use Script #47)
23	CORE	Viral	Viral: dry mouth (Use Script #98)
24	OPTIONAL	Bookings	Bookings: brushing pressure (Use Script #24)
25	OPTIONAL	Education	Education: tongue cleaning (Use Script #100)
26	CORE	Authority	Authority: snacking (Use Script #26)
27	OPTIONAL	Authority	Authority: energy drinks (Use Script #27)
28	CORE	Objections	Objections: cold water pain (Use Script #28)

DAY	PRIORITY	CATEGORY	PROMPT
29	OPTIONAL	Trust	Trust: jaw clicking (Use Script #29)
30	CORE	Education	Education: TMJ basics (Use Script #80)
31	OPTIONAL	Trust	Trust: first visit anxiety (Use Script #31)
32	OPTIONAL	Authority	Authority: kids first visit (Use Script #32)
33	CORE	Social Proof	Social Proof: deep cleaning vs regular (Use Script #58)
34	OPTIONAL	Authority	Authority: x-rays safety (Use Script #34)
35	CORE	Objections	Objections: crowns vs fillings (Use Script #35)
36	OPTIONAL	Bookings	Bookings: bonding (Use Script #11)
37	CORE	Viral	Viral: tooth cracks (Use Script #87)
38	OPTIONAL	Education	Education: sealants (Use Script #88)
39	OPTIONAL	Objections	Objections: fluoride (Use Script #39)
40	CORE	Bookings	Bookings: interdental brushes (Use Script #15)
41	OPTIONAL	Objections	Objections: retainers (Use Script #41)
42	CORE	Bookings	Bookings: braces myths (Use Script #17)
43	OPTIONAL	Trust	Trust: post-op care (Use Script #43)
44	CORE	Bookings	Bookings: implant aftercare (Use Script #19)
45	OPTIONAL	Trust	Trust: veneer care (Use Script #45)
46	OPTIONAL	Bookings	Bookings: holiday habits (Use Script #21)

DAY	PRIORITY	CATEGORY	PROMPT
47	CORE	Bookings	Bookings: travel oral kit (Use Script #22)
48	OPTIONAL	Objections	Objections: Ramadan mouth care (Use Script #48)
49	CORE	Trust	Trust: wedding smile plan (Use Script #49)
50	OPTIONAL	Education	Education: new year dental reset (Use Script #100)
51	CORE	Viral	Viral: back-to-school check (Use Script #76)
52	OPTIONAL	Trust	Trust: sports mouthguards (Use Script #27)
53	OPTIONAL	Viral	Viral: bleeding gums (Use Script #78)
54	CORE	Bookings	Bookings: tooth sensitivity (Use Script #4)
55	OPTIONAL	Bookings	Bookings: bad breath (Use Script #5)
56	CORE	Bookings	Bookings: kids cavities (Use Script #6)
57	OPTIONAL	Trust	Trust: night grinding (Use Script #32)
58	CORE	Objections	Objections: whitening reality (Use Script #33)
59	OPTIONAL	Objections	Objections: implants ROI (Use Script #34)
60	OPTIONAL	Treatments	Treatments: veneers planning (Use Script #60)
61	CORE	Trust	Trust: clear aligners (Use Script #36)
62	OPTIONAL	Bookings	Bookings: root canal truth (Use Script #12)
63	CORE	Objections	Objections: wisdom teeth (Use Script #38)

DAY	PRIORITY	CATEGORY	PROMPT
64	OPTIONAL	Bookings	Bookings: gum recession (Use Script #14)
65	CORE	Trust	Trust: enamel wear (Use Script #40)
66	OPTIONAL	Bookings	Bookings: flossing (Use Script #16)
67	OPTIONAL	Trust	Trust: mouthwash myth (Use Script #42)
68	CORE	Trust	Trust: sugar frequency (Use Script #43)
69	OPTIONAL	Social Proof	Social Proof: acidic drinks (Use Script #69)
70	CORE	Bookings	Bookings: sports drinks (Use Script #20)
71	OPTIONAL	Social Proof	Social Proof: coffee stains (Use Script #71)
72	CORE	Education	Education: smoking & gums (Use Script #97)
73	OPTIONAL	Education	Education: pregnancy gums (Use Script #98)
74	OPTIONAL	Bookings	Bookings: diabetes & gums (Use Script #24)
75	CORE	Objections	Objections: dry mouth (Use Script #50)
76	OPTIONAL	Treatments	Treatments: brushing pressure (Use Script #51)
77	CORE	Bookings	Bookings: tongue cleaning (Use Script #2)
78	OPTIONAL	Education	Education: snacking (Use Script #78)
79	CORE	Bookings	Bookings: energy drinks (Use Script #4)
80	OPTIONAL	Objections	Objections: cold water pain (Use Script #30)
81	OPTIONAL	Trust	Trust: jaw clicking (Use Script #31)

DAY	PRIORITY	CATEGORY	PROMPT
82	CORE	Social Proof	Social Proof: TMJ basics (Use Script #57)
83	OPTIONAL	Objections	Objections: first visit anxiety (Use Script #33)
84	CORE	Treatments	Treatments: kids first visit (Use Script #59)
85	OPTIONAL	Treatments	Treatments: deep cleaning vs regular (Use Script #60)
86	CORE	Education	Education: x-rays safety (Use Script #86)
87	OPTIONAL	Viral	Viral: crowns vs fillings (Use Script #87)
88	OPTIONAL	Trust	Trust: bonding (Use Script #38)
89	CORE	Trust	Trust: tooth cracks (Use Script #39)
90	OPTIONAL	Viral	Viral: sealants (Use Script #90)
91	CORE	Objections	Objections: fluoride (Use Script #41)
92	OPTIONAL	Authority	Authority: interdental brushes (Use Script #42)
93	CORE	Treatments	Treatments: retainers (Use Script #68)
94	OPTIONAL	Education	Education: braces myths (Use Script #94)
95	OPTIONAL	Social Proof	Social Proof: post-op care (Use Script #70)
96	CORE	Bookings	Bookings: implant aftercare (Use Script #21)
97	OPTIONAL	Authority	Authority: veneer care (Use Script #47)
98	CORE	Trust	Trust: holiday habits (Use Script #48)
99	OPTIONAL	Treatments	Treatments: travel oral kit (Use Script #74)

DAY	PRIORITY	CATEGORY	PROMPT
100	CORE	Education	Education: Ramadan mouth care (Use Script #100)
101	OPTIONAL	Education	Education: wedding smile plan (Use Script #76)
102	OPTIONAL	Authority	Authority: new year dental reset (Use Script #27)
103	CORE	Objections	Objections: back-to-school check (Use Script #28)
104	OPTIONAL	Bookings	Bookings: sports mouthguards (Use Script #4)
105	CORE	Bookings	Bookings: bleeding gums (Use Script #5)
106	OPTIONAL	Bookings	Bookings: tooth sensitivity (Use Script #6)
107	CORE	Bookings	Bookings: bad breath (Use Script #7)
108	OPTIONAL	Viral	Viral: kids cavities (Use Script #83)
109	OPTIONAL	Viral	Viral: night grinding (Use Script #84)
110	CORE	Social Proof	Social Proof: whitening reality (Use Script #60)
111	OPTIONAL	Bookings	Bookings: implants ROI (Use Script #11)
112	CORE	Objections	Objections: veneers planning (Use Script #37)
113	OPTIONAL	Social Proof	Social Proof: clear aligners (Use Script #63)
114	CORE	Education	Education: root canal truth (Use Script #89)
115	OPTIONAL	Bookings	Bookings: wisdom teeth (Use Script #15)

DAY	PRIORITY	CATEGORY	PROMPT
116	OPTIONAL	Authority	Authority: gum recession (Use Script #41)
117	CORE	Treatments	Treatments: enamel wear (Use Script #67)
118	OPTIONAL	Social Proof	Social Proof: flossing (Use Script #68)
119	CORE	Objections	Objections: mouthwash myth (Use Script #44)
120	OPTIONAL	Trust	Trust: sugar frequency (Use Script #45)
121	CORE	Education	Education: acidic drinks (Use Script #96)
122	OPTIONAL	Social Proof	Social Proof: sports drinks (Use Script #72)
123	OPTIONAL	Education	Education: coffee stains (Use Script #98)
124	CORE	Trust	Trust: smoking & gums (Use Script #49)
125	OPTIONAL	Education	Education: pregnancy gums (Use Script #100)
126	CORE	Treatments	Treatments: diabetes & gums (Use Script #51)
127	OPTIONAL	Authority	Authority: dry mouth (Use Script #27)
128	CORE	Treatments	Treatments: brushing pressure (Use Script #53)
129	OPTIONAL	Education	Education: tongue cleaning (Use Script #79)
130	OPTIONAL	Authority	Authority: snacking (Use Script #30)
131	CORE	Bookings	Bookings: energy drinks (Use Script #6)
132	OPTIONAL	Authority	Authority: cold water pain (Use Script #32)

DAY	PRIORITY	CATEGORY	PROMPT
133	CORE	Objections	Objections: jaw clicking (Use Script #33)
134	OPTIONAL	Education	Education: TMJ basics (Use Script #84)
135	CORE	Treatments	Treatments: first visit anxiety (Use Script #60)
136	OPTIONAL	Education	Education: kids first visit (Use Script #86)
137	OPTIONAL	Education	Education: deep cleaning vs regular (Use Script #87)
138	CORE	Trust	Trust: x-rays safety (Use Script #38)
139	OPTIONAL	Education	Education: crowns vs fillings (Use Script #89)
140	CORE	Bookings	Bookings: bonding (Use Script #15)
141	OPTIONAL	Treatments	Treatments: tooth cracks (Use Script #66)
142	CORE	Trust	Trust: sealants (Use Script #42)
143	OPTIONAL	Bookings	Bookings: fluoride (Use Script #18)
144	OPTIONAL	Education	Education: interdental brushes (Use Script #94)
145	CORE	Bookings	Bookings: retainers (Use Script #20)
146	OPTIONAL	Bookings	Bookings: braces myths (Use Script #21)
147	CORE	Treatments	Treatments: post-op care (Use Script #72)
148	OPTIONAL	Education	Education: implant aftercare (Use Script #98)
149	CORE	Trust	Trust: veneer care (Use Script #49)

DAY	PRIORITY	CATEGORY	PROMPT
150	OPTIONAL	Viral	Viral: holiday habits (Use Script #100)
151	OPTIONAL	Objections	Objections: travel oral kit (Use Script #26)
152	CORE	Objections	Objections: Ramadan mouth care (Use Script #27)
153	OPTIONAL	Objections	Objections: wedding smile plan (Use Script #28)
154	CORE	Viral	Viral: new year dental reset (Use Script #79)
155	OPTIONAL	Treatments	Treatments: back-to-school check (Use Script #55)
156	CORE	Education	Education: sports mouthguards (Use Script #81)
157	OPTIONAL	Objections	Objections: bleeding gums (Use Script #32)
158	OPTIONAL	Bookings	Bookings: tooth sensitivity (Use Script #8)
159	CORE	Bookings	Bookings: bad breath (Use Script #9)
160	OPTIONAL	Trust	Trust: kids cavities (Use Script #35)
161	CORE	Authority	Authority: night grinding (Use Script #36)
162	OPTIONAL	Bookings	Bookings: whitening reality (Use Script #12)
163	CORE	Treatments	Treatments: implants ROI (Use Script #63)
164	OPTIONAL	Bookings	Bookings: veneers planning (Use Script #14)
165	OPTIONAL	Education	Education: clear aligners (Use Script #90)
166	CORE	Social Proof	Social Proof: root canal truth (Use Script #66)

DAY	PRIORITY	CATEGORY	PROMPT
167	OPTIONAL	Treatments	Treatments: wisdom teeth (Use Script #67)
168	CORE	Treatments	Treatments: gum recession (Use Script #68)
169	OPTIONAL	Social Proof	Social Proof: enamel wear (Use Script #69)
170	CORE	Education	Education: flossing (Use Script #95)
171	OPTIONAL	Trust	Trust: mouthwash myth (Use Script #46)
172	OPTIONAL	Bookings	Bookings: sugar frequency (Use Script #22)
173	CORE	Education	Education: acidic drinks (Use Script #98)
174	OPTIONAL	Objections	Objections: sports drinks (Use Script #49)
175	CORE	Objections	Objections: coffee stains (Use Script #50)
176	OPTIONAL	Social Proof	Social Proof: smoking & gums (Use Script #51)
177	CORE	Authority	Authority: pregnancy gums (Use Script #27)
178	OPTIONAL	Objections	Objections: diabetes & gums (Use Script #28)
179	OPTIONAL	Bookings	Bookings: dry mouth (Use Script #4)
180	CORE	Trust	Trust: brushing pressure (Use Script #30)
181	OPTIONAL	Education	Education: tongue cleaning (Use Script #81)
182	CORE	Trust	Trust: snacking (Use Script #32)
183	OPTIONAL	Objections	Objections: energy drinks (Use Script #33)
184	CORE	Viral	Viral: cold water pain (Use Script #84)

DAY	PRIORITY	CATEGORY	PROMPT
185	OPTIONAL	Authority	Authority: jaw clicking (Use Script #35)
186	OPTIONAL	Treatments	Treatments: TMJ basics (Use Script #61)
187	CORE	Authority	Authority: first visit anxiety (Use Script #37)
188	OPTIONAL	Trust	Trust: kids first visit (Use Script #38)
189	CORE	Trust	Trust: deep cleaning vs regular (Use Script #39)
190	OPTIONAL	Objections	Objections: x-rays safety (Use Script #40)
191	CORE	Treatments	Treatments: crowns vs fillings (Use Script #66)
192	OPTIONAL	Authority	Authority: bonding (Use Script #42)
193	OPTIONAL	Authority	Authority: tooth cracks (Use Script #43)
194	CORE	Education	Education: sealants (Use Script #94)
195	OPTIONAL	Trust	Trust: fluoride (Use Script #45)
196	CORE	Education	Education: interdental brushes (Use Script #96)
197	OPTIONAL	Education	Education: retainers (Use Script #97)
198	CORE	Education	Education: braces myths (Use Script #98)
199	OPTIONAL	Treatments	Treatments: post-op care (Use Script #74)
200	OPTIONAL	Social Proof	Social Proof: implant aftercare (Use Script #75)
201	CORE	Trust	Trust: veneer care (Use Script #26)

DAY	PRIORITY	CATEGORY	PROMPT
202	OPTIONAL	Viral	Viral: holiday habits (Use Script #77)
203	CORE	Viral	Viral: travel oral kit (Use Script #78)
204	OPTIONAL	Social Proof	Social Proof: Ramadan mouth care (Use Script #54)
205	CORE	Authority	Authority: wedding smile plan (Use Script #30)
206	OPTIONAL	Trust	Trust: new year dental reset (Use Script #31)
207	OPTIONAL	Treatments	Treatments: back-to-school check (Use Script #57)
208	CORE	Trust	Trust: sports mouthguards (Use Script #33)
209	OPTIONAL	Trust	Trust: bleeding gums (Use Script #34)
210	CORE	Education	Education: tooth sensitivity (Use Script #85)
211	OPTIONAL	Education	Education: bad breath (Use Script #86)
212	CORE	Treatments	Treatments: kids cavities (Use Script #62)
213	OPTIONAL	Trust	Trust: night grinding (Use Script #38)
214	OPTIONAL	Social Proof	Social Proof: whitening reality (Use Script #64)
215	CORE	Viral	Viral: implants ROI (Use Script #90)
216	OPTIONAL	Bookings	Bookings: veneers planning (Use Script #16)
217	CORE	Education	Education: clear aligners (Use Script #92)
218	OPTIONAL	Social Proof	Social Proof: root canal truth (Use Script #68)

DAY	PRIORITY	CATEGORY	PROMPT
219	CORE	Bookings	Bookings: wisdom teeth (Use Script #19)
220	OPTIONAL	Treatments	Treatments: gum recession (Use Script #70)
221	OPTIONAL	Social Proof	Social Proof: enamel wear (Use Script #71)
222	CORE	Objections	Objections: flossing (Use Script #47)
223	OPTIONAL	Viral	Viral: mouthwash myth (Use Script #98)
224	CORE	Trust	Trust: sugar frequency (Use Script #49)
225	OPTIONAL	Trust	Trust: acidic drinks (Use Script #50)
226	CORE	Trust	Trust: sports drinks (Use Script #26)
227	OPTIONAL	Bookings	Bookings: coffee stains (Use Script #2)
228	OPTIONAL	Treatments	Treatments: smoking & gums (Use Script #53)
229	CORE	Treatments	Treatments: pregnancy gums (Use Script #54)
230	OPTIONAL	Education	Education: diabetes & gums (Use Script #80)
231	CORE	Objections	Objections: dry mouth (Use Script #31)
232	OPTIONAL	Bookings	Bookings: brushing pressure (Use Script #7)
233	CORE	Education	Education: tongue cleaning (Use Script #83)
234	OPTIONAL	Treatments	Treatments: snacking (Use Script #59)
235	OPTIONAL	Trust	Trust: energy drinks (Use Script #35)
236	CORE	Trust	Trust: cold water pain (Use Script #36)

DAY	PRIORITY	CATEGORY	PROMPT
237	OPTIONAL	Treatments	Treatments: jaw clicking (Use Script #62)
238	CORE	Bookings	Bookings: TMJ basics (Use Script #13)
239	OPTIONAL	Authority	Authority: first visit anxiety (Use Script #39)
240	CORE	Bookings	Bookings: kids first visit (Use Script #15)
241	OPTIONAL	Bookings	Bookings: deep cleaning vs regular (Use Script #16)
242	OPTIONAL	Social Proof	Social Proof: x-rays safety (Use Script #67)
243	CORE	Education	Education: crowns vs fillings (Use Script #93)
244	OPTIONAL	Authority	Authority: bonding (Use Script #44)
245	CORE	Treatments	Treatments: tooth cracks (Use Script #70)
246	OPTIONAL	Education	Education: sealants (Use Script #96)
247	CORE	Treatments	Treatments: fluoride (Use Script #72)
248	OPTIONAL	Education	Education: interdental brushes (Use Script #98)
249	OPTIONAL	Trust	Trust: retainers (Use Script #49)
250	CORE	Objections	Objections: braces myths (Use Script #50)
251	OPTIONAL	Viral	Viral: post-op care (Use Script #76)
252	CORE	Social Proof	Social Proof: implant aftercare (Use Script #52)
253	OPTIONAL	Bookings	Bookings: veneer care (Use Script #3)

DAY	PRIORITY	CATEGORY	PROMPT
254	CORE	Trust	Trust: holiday habits (Use Script #29)
255	OPTIONAL	Trust	Trust: travel oral kit (Use Script #30)
256	OPTIONAL	Education	Education: Ramadan mouth care (Use Script #81)
257	CORE	Authority	Authority: wedding smile plan (Use Script #32)
258	OPTIONAL	Social Proof	Social Proof: new year dental reset (Use Script #58)
259	CORE	Social Proof	Social Proof: back-to-school check (Use Script #59)
260	OPTIONAL	Objections	Objections: sports mouthguards (Use Script #35)
261	CORE	Trust	Trust: bleeding gums (Use Script #36)
262	OPTIONAL	Bookings	Bookings: tooth sensitivity (Use Script #12)
263	OPTIONAL	Education	Education: bad breath (Use Script #88)
264	CORE	Social Proof	Social Proof: kids cavities (Use Script #64)
265	OPTIONAL	Objections	Objections: night grinding (Use Script #40)
266	CORE	Bookings	Bookings: whitening reality (Use Script #16)
267	OPTIONAL	Education	Education: implants ROI (Use Script #92)
268	CORE	Authority	Authority: veneers planning (Use Script #43)
269	OPTIONAL	Trust	Trust: clear aligners (Use Script #44)
270	OPTIONAL	Viral	Viral: root canal truth (Use Script #95)

DAY	PRIORITY	CATEGORY	PROMPT
271	CORE	Bookings	Bookings: wisdom teeth (Use Script #21)
272	OPTIONAL	Viral	Viral: gum recession (Use Script #97)
273	CORE	Objections	Objections: enamel wear (Use Script #48)
274	OPTIONAL	Bookings	Bookings: flossing (Use Script #24)
275	CORE	Social Proof	Social Proof: mouthwash myth (Use Script #75)
276	OPTIONAL	Objections	Objections: sugar frequency (Use Script #26)
277	OPTIONAL	Education	Education: acidic drinks (Use Script #77)
278	CORE	Trust	Trust: sports drinks (Use Script #28)
279	OPTIONAL	Bookings	Bookings: coffee stains (Use Script #4)
280	CORE	Viral	Viral: smoking & gums (Use Script #80)
281	OPTIONAL	Treatments	Treatments: pregnancy gums (Use Script #56)
282	CORE	Trust	Trust: diabetes & gums (Use Script #32)
283	OPTIONAL	Education	Education: dry mouth (Use Script #83)
284	OPTIONAL	Authority	Authority: brushing pressure (Use Script #34)
285	CORE	Education	Education: tongue cleaning (Use Script #85)
286	OPTIONAL	Bookings	Bookings: snacking (Use Script #11)
287	CORE	Education	Education: energy drinks (Use Script #87)

DAY	PRIORITY	CATEGORY	PROMPT
288	OPTIONAL	Education	Education: cold water pain (Use Script #88)
289	CORE	Authority	Authority: jaw clicking (Use Script #39)
290	OPTIONAL	Education	Education: TMJ basics (Use Script #90)
291	OPTIONAL	Bookings	Bookings: first visit anxiety (Use Script #16)
292	CORE	Bookings	Bookings: kids first visit (Use Script #17)
293	OPTIONAL	Trust	Trust: deep cleaning vs regular (Use Script #43)
294	CORE	Treatments	Treatments: x-rays safety (Use Script #69)
295	OPTIONAL	Authority	Authority: crowns vs fillings (Use Script #45)
296	CORE	Treatments	Treatments: bonding (Use Script #71)
297	OPTIONAL	Education	Education: tooth cracks (Use Script #97)
298	OPTIONAL	Education	Education: sealants (Use Script #98)
299	CORE	Authority	Authority: fluoride (Use Script #49)
300	OPTIONAL	Objections	Objections: interdental brushes (Use Script #50)
301	CORE	Social Proof	Social Proof: retainers (Use Script #51)
302	OPTIONAL	Trust	Trust: braces myths (Use Script #27)
303	CORE	Treatments	Treatments: post-op care (Use Script #53)
304	OPTIONAL	Education	Education: implant aftercare (Use Script #79)
305	OPTIONAL	Objections	Objections: veneer care (Use Script #30)

DAY	PRIORITY	CATEGORY	PROMPT
306	CORE	Trust	Trust: holiday habits (Use Script #31)
307	OPTIONAL	Education	Education: travel oral kit (Use Script #82)
308	CORE	Trust	Trust: Ramadan mouth care (Use Script #33)
309	OPTIONAL	Treatments	Treatments: wedding smile plan (Use Script #59)
310	CORE	Education	Education: new year dental reset (Use Script #85)
311	OPTIONAL	Objections	Objections: back-to-school check (Use Script #36)
312	OPTIONAL	Trust	Trust: sports mouthguards (Use Script #37)
313	CORE	Viral	Viral: bleeding gums (Use Script #88)
314	OPTIONAL	Trust	Trust: tooth sensitivity (Use Script #39)
315	CORE	Education	Education: bad breath (Use Script #90)
316	OPTIONAL	Objections	Objections: kids cavities (Use Script #41)
317	CORE	Authority	Authority: night grinding (Use Script #42)
318	OPTIONAL	Viral	Viral: whitening reality (Use Script #93)
319	OPTIONAL	Bookings	Bookings: implants ROI (Use Script #19)
320	CORE	Viral	Viral: veneers planning (Use Script #95)
321	OPTIONAL	Trust	Trust: clear aligners (Use Script #46)
322	CORE	Trust	Trust: root canal truth (Use Script #47)
323	OPTIONAL	Education	Education: wisdom teeth (Use Script #98)

DAY	PRIORITY	CATEGORY	PROMPT
324	CORE	Bookings	Bookings: gum recession (Use Script #24)
325	OPTIONAL	Education	Education: enamel wear (Use Script #100)
326	OPTIONAL	Education	Education: flossing (Use Script #76)
327	CORE	Social Proof	Social Proof: mouthwash myth (Use Script #52)
328	OPTIONAL	Treatments	Treatments: sugar frequency (Use Script #53)
329	CORE	Viral	Viral: acidic drinks (Use Script #79)
330	OPTIONAL	Authority	Authority: sports drinks (Use Script #30)
331	CORE	Trust	Trust: coffee stains (Use Script #31)
332	OPTIONAL	Bookings	Bookings: smoking & gums (Use Script #7)
333	OPTIONAL	Social Proof	Social Proof: pregnancy gums (Use Script #58)
334	CORE	Viral	Viral: diabetes & gums (Use Script #84)
335	OPTIONAL	Objections	Objections: dry mouth (Use Script #35)
336	CORE	Bookings	Bookings: brushing pressure (Use Script #11)
337	OPTIONAL	Bookings	Bookings: tongue cleaning (Use Script #12)
338	CORE	Authority	Authority: snacking (Use Script #38)
339	OPTIONAL	Education	Education: energy drinks (Use Script #89)
340	OPTIONAL	Trust	Trust: cold water pain (Use Script #40)
341	CORE	Trust	Trust: jaw clicking (Use Script #41)

DAY	PRIORITY	CATEGORY	PROMPT
342	OPTIONAL	Trust	Trust: TMJ basics (Use Script #42)
343	CORE	Bookings	Bookings: first visit anxiety (Use Script #18)
344	OPTIONAL	Trust	Trust: kids first visit (Use Script #44)
345	CORE	Bookings	Bookings: deep cleaning vs regular (Use Script #20)
346	OPTIONAL	Objections	Objections: x-rays safety (Use Script #46)
347	OPTIONAL	Trust	Trust: crowns vs fillings (Use Script #47)
348	CORE	Treatments	Treatments: bonding (Use Script #73)
349	OPTIONAL	Education	Education: tooth cracks (Use Script #99)
350	CORE	Objections	Objections: sealants (Use Script #50)
351	OPTIONAL	Bookings	Bookings: fluoride (Use Script #1)
352	CORE	Bookings	Bookings: interdental brushes (Use Script #2)
353	OPTIONAL	Objections	Objections: retainers (Use Script #28)
354	OPTIONAL	Trust	Trust: braces myths (Use Script #29)
355	CORE	Trust	Trust: post-op care (Use Script #30)
356	OPTIONAL	Viral	Viral: implant aftercare (Use Script #81)
357	CORE	Authority	Authority: veneer care (Use Script #32)
358	OPTIONAL	Education	Education: holiday habits (Use Script #83)
359	CORE	Bookings	Bookings: travel oral kit (Use Script #9)

DAY	PRIORITY	CATEGORY	PROMPT
360	OPTIONAL	Treatments	Treatments: Ramadan mouth care (Use Script #60)
361	OPTIONAL	Authority	Authority: wedding smile plan (Use Script #36)
362	CORE	Education	Education: new year dental reset (Use Script #87)
363	OPTIONAL	Bookings	Bookings: back-to-school check (Use Script #13)
364	CORE	Bookings	Bookings: sports mouthguards (Use Script #14)
365	OPTIONAL	Viral	Viral: bleeding gums (Use Script #90)

What To Do Next

Step 1: This week, record the 3 CORE days.

Step 2: Post them, then stop. Don't overthink.

Step 3: Next week, repeat. Consistency compounds.

If you want more volume, use the OPTIONAL days. If you're busy, CORE is enough.