

OCTOBER 2022

free content calendar

FOR 1000s of FREE graphics,
games and more head to:

<http://cnch.us/Engage>



Daily ideas for a more engaging month on social

use hashtag **#cinchchallenge** so we can find you!

1. **National Pumpkin Spice Day!** Do a Starbucks giveaway with your followers.
2. **National Name Your Car Day!** Post a question asking what people named their car.
3. **National Child Health Day!**
4. **National Taco Day/ National Cinnamon Bun Day!** Post a this or that to your page.
5. **National Do Something Nice Day/ World Teachers' Day!** Post a special promo.
6. **National Mad Hatter Day!** Post your favorite Mad Hatter quote!
7. **World Smile Day!** Ask your followers what makes them smile.
8. **National Hero Day!** Who is your hero and why? or share your product hero!
9. Share an image, review, or comment from a customer
10. **World Mental Health Day/ Native American Day!** Post some advice to your group.
11. Post a multi-photo of your best sellers
12. **National Savings Day!** Post a time-saving hack or a promo code!
13. **National No Bra Day!** Post a funny meme.
14. **National Dessert Day!** What's your favorite dessert or recipe?
15. **National I Love Lucy Day!** Post a meme from I Love Lucy!
16. **Global Cat Day/ National Sports Day!** What's your favorite sport? or post a picture of your pet!
17. **National Clean Your Desktop Day/ National Boss's Day!** Show a desk selfie!
18. **International Legging Day!** Post an ABCD graphic about pants!
19. Tell your community how your products stand out from competitors
20. **National Chicken and Waffles Day!** Post a recipe.
21. **National Mammography Day!**
22. **National Color Day!**
23. **National Mother-In-law Day!** Remind your group to get a gift for their MIL!
24. **United Nations Day!**
25. **National Greasy Food Day!** Post a series of this or that games about greasy foods.
26. **National Pumpkin Day!** Post a pumpkin-themed game!
27. **National American Beer Day/ National Black Cat Day!**
28. **National First Responders Day!**
29. **National Trick or Treat Day!** Do a fun game and giveaway!
30. **National Candy Corn Day!** Who likes candy corn? We do!
31. **Happy Halloween!** Post your favorite spooky graphic!