

WEEKLY CONTENT CALENDAR



OVERVIEW TABLE

Week	Theme	Focus Area	Goal	KPI
Week 1	Mindfulness	Meditation Techniques	Increase engagement	2000 impressions
Week 2	Fitness	Home Workouts	Drive traffic to website	500 clicks
Week 3	Nutrition	Healthy Meal Prep	Grow email subscribers	300 sign-ups
Week 4	Mental Health	Stress Management	Boost social media reach	100 shares

DAILY CONTENT PLANNER

Day	Date	Platform	Content Type	Title/Description	Time	Visual
Monday	02 September	Platform A	Quote Post	"Start Your Week with Mindfulness"	8:00 AM	
Tuesday	03 September	Platform B	Blog Share	"Top 5 Meditation Techniques"	11:00 AM	
Wednesday	04 September	Platform C	Video Post	"Simple Meditation Practices"	2:00 PM	
Thursday	05 September	Platform D	Article Share	"Benefits of Daily Meditation"	4:00 PM	
Friday	06 September	Platform E	Pin	"Easy Meditation Techniques"	10:00 AM	

WEEKLY CONTENT CALENDAR



CONTENT PERFORMANCE TRACKER

Day	Date	Platform	Post Engagement	Likes/Reaction	Comments	Shares
Monday	02 September	Platform A	High	350	50	40
Tuesday	03 September	Platform B	Moderate	280	40	30
Wednesday	04 September	Platform C	Low	150	20	15
Thursday	05 September	Platform D	High	400	60	50
Friday	06 September	Platform E	Moderate	320	45	35