

# WEEKLY PUBLISHING SCHEDULE

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Fill in your posting times — print it — post it on your wall

*Consistency beats talent. A schedule beats inspiration.*

# WEEKLY PUBLISHING SCHEDULE

Fill in your posting times — print it and post it on your wall. Consistency beats everything.

PLATFORM	MON	TUE	WED	THU	FRI	SAT	SUN
YouTube Long-Form							
YouTube Shorts							
TikTok							
Instagram Reels							
Twitch / Kick Live							
Facebook Gaming							
Twitter / X							
Discord Post							

## PLATFORM SPEED LIMITS — Don't Over-Post

PLATFORM	MAX PER DAY	SWEET SPOT	OPTIMAL TIME WINDOW
YouTube Long-Form	1	3-5x/week	Thu-Sat, 12-3pm audience local time
YouTube Shorts	1	1x/day	Same window as long-form
TikTok	2-3	1-2x/day	7-9am or 7-10pm local time
Instagram Reels	1	4-5x/week	Mon-Fri 11am or 7-9pm
Twitch / Kick	1 stream	3-5x/week	Consistent same day/time every week
Facebook Gaming	2	2-3x/week	1-3pm or evenings
Twitter / X	5+	2-3x/day	Morning + evening
Discord	No limit	1-2x/day	After every stream or publish

**★ Use Metricool's heatmap to find your specific audience's active hours — then schedule every post to hit those exact windows automatically.**