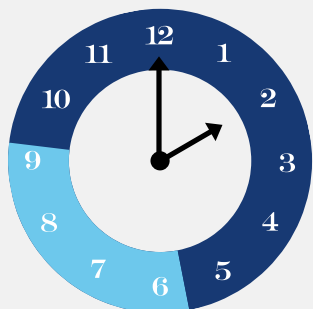




# THE 2023 GUIDE TO THE BEST TIMES TO POST ON SOCIAL MEDIA

## facebook



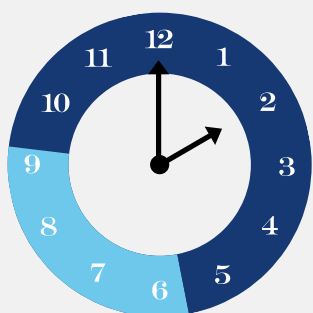
Best Days:

- Monday
- Wednesday
- Friday

Best Times:

- 6-9 PM
- 12-3 PM

## Instagram



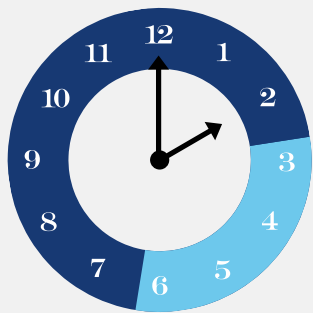
Best Days:

- Tuesday
- Wednesday
- Friday

Best Times:

- 6-9 PM
- 12-3 PM
- 3-6 PM

## Pinterest



Best Days:

- Tuesday
- Thursday
- Friday

Best Times:

- 3-6 PM
- 6-9 PM

## twitter



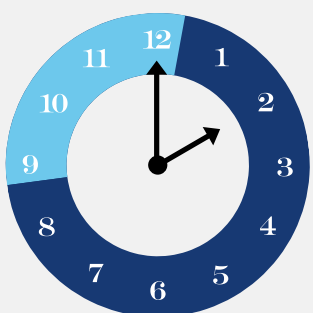
Best Days:

- Wednesday
- Thursday
- Friday

Best Times:

- 9AM-12PM
- 12-3 PM
- 3-6 PM

## Linkedin



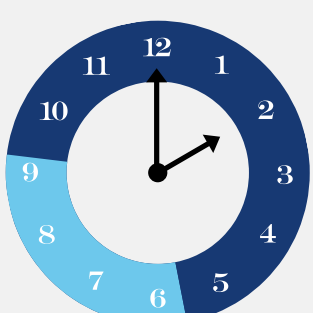
Best Days:

- Tuesday
- Wednesday
- Thursday

Best Times:

- 9AM-12PM
- 12-3 PM
- 3-6 PM

## TikTok



Best Days:

- Monday
- Tuesday
- Friday

Best Times:

- 6-9 PM
- 3-6 PM
- 12-3 PM