

Handout 7

Social media planner for you to plan your NCD Diary promotion efforts

YEAR

MONTH

GOALS

1. _____
2. _____
3. _____
4. _____











































CONTENT IDEAS

1. _____
2. _____
3. _____
4. _____

Select Platform



Other _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____
Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____
Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____
Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____
Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____
Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____	Day _____  Other _____