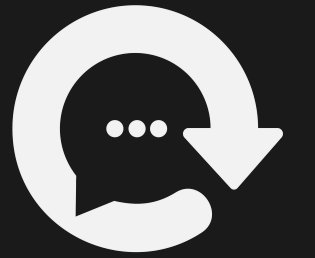


Best Times to Post to Social Media



Best Overall Times To Post



- Best Days to Post on Social Media Platforms Overall:

Tuesdays through Thursdays

- Best Times to Post:

9- 10am on Tuesday through Thursdays (central time)

-Worst Time to Post on Social Media:

Sundays



Best Times to Post to Facebook

- Best Days to Post on Facebook:

Monday through Fridays at 3:00 am, Tuesdays at 10:00 am and Noon

- Best Times to Post on Facebook:

Tuesday, Wednesday and Friday between 9 am and 1 pm

- Worst Time to Post on Facebook:

Saturdays



Best Times to Post to Instagram

- Best Days to Post on Instagram:

Mondays 11 am, Tuesdays and Wednesdays from 10 am - 1 pm, and Thursdays and Fridays 10 - 11 am

- Best Times to Post on Instagram:

Between 11 am and 2 pm Tuesday and 11 am Monday through Friday

- Worst Time to Post on Instagram:

Sundays



Best Times to Post to Twitter

- Best Days to Post on Twitter:

Monday - Saturday, minus Thursdays at 9 am

- Best Times to Post on Twitter:

8 am on Mondays and Thursdays

- Worst Time to Post on Instagram:

Sundays



Best Times to Post to LinkedIn

- Best Days to Post on LinkedIn:

Tuesdays 10 am - 12 pm

- Best Times to Post on LinkedIn:

9 am on Tuesdays and Wednesdays

- Worst Time to Post on LinkedIn:

Saturday and Sundays