



INSTAGRAM

Planner

HOW TO USE THE FEED PLANNER

Use the planner below to plan out your next 9 Instagram feed posts.

Include the date, post type (e.g. video, photo, Reel, tweet, meme, graphic etc.), the content pillar it relates to and the specific topic you're going to talk about.

DATE
DATE:
TYPE:
PILLAR:
TOPIC

- VIDEO
- PHOTO
- REEL
- TWEET
- MEME
- GRAPHIC
- ETC...

WHAT SPECIFIC TOPIC WILL YOU TALK ABOUT?

NOTES:



INSTAGRAM FEED

Planner

DATE:
TYPE:
PILLAR:
TOPIC

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PILLAR:
TOPIC

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PILLAR:
TOPIC



INSTAGRAM STORIES *Planner*

📅 DATE	🕒 TIME	★ HIGHLIGHT
CONCEPT / IDEA		

STORY 1	STORY 2	STORY 3	STORY 4
LINK	LINK	LINK	LINK

STORY 5	STORY 6	STORY 7	STORY 8
LINK	LINK	LINK	LINK



VIDEO TITLE									
BRAND PILLAR			SPONSOR			PROMOTION			
TOPIC					AUDIO				
CONCEPT / IDEA									
SCENES & TRANSITIONS									
PROPS & LOCATIONS									
RECORDING DATE			CAPTION						
PUBLISH DATE			#HASHTAGS						