

My Weekly Content Calendar

DAY	PILLAR	FORMAT	CAPTION IDEA	PLATFORM	TIME
Mon					
Tue					
Wed					
Thu	<i>REST DAY — engage in DMs, comment on other accounts</i>				
Fri					
Sat					
Sun					

THIS WEEK'S THEME

CONTENT PILLARS: 1. Wildlife & safari · 2. Tharu culture & food · 3. Behind-the-scenes · 4. Guest stories · 5. Practical info & offers

Beginner cadence: 3-4 posts per week · at least 1-2 videos · 1 rest day is part of the plan.