

30 CONTENT DAY CALENDAR

While we can't promise you double the followers, we can almost certainly bet that you'll **increase your following and double (or more) your engagement** by using this calendar every day for 30 days.

Simply make the type of post we recommend each day in the order

listed on your calendar. Our method provides variety, allows you to batch produce, and will keep your followers engaged and interested each and every day.



Love these ideas? Want even more? We're always adding new trainings, templates and techniques that are hands-on like these feed posts, to help you get the most out of Instagram. Plus 2 live events per month! Join the thousands of entrepreneurs in our inner circle at InstaClubHub now! Try it for just \$7.









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DAY 1

MISCONCEPTION

Address the biggest misconception in your industry or your niche.

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PROGRESSION

Show us how something in your niche has evolved or progressed.

DAY 3

INSPIRATION

3 facts that will inspire your followers.







DAY 4 FAQs

DAY 6 HOW-TO

REPOST

Share an insider tip or how-to related

to your expertise.

Find your most popular post from the

last 6-12 months and repost it! (Yup,

the exact Reel can be posted again).

Answer the 5 most commonly asked questions about your niche/topic.









DAY7 **TWEET**

A Tweet, layered on top of a video, that's related to your niche.



DAY 10 QUICK LIFE HACK

DAY 8

TIME LAPSE

A time-lapse of yourself doing something related to your niche/ topic. Add some kind of informative lesson to the caption.



DAY 11 3 FAVORITE SITES/APPS

DAY 9

INDUSTRY NEWS

Give your opinion on a news story that relates to your niche/topic.



DAY 12 DISPEL A MYTH

A little-known or creative solution/ Your top 3 websites or mobile apps Take a common myth from your

tool that you use and that is related

to your niche.

that help you do something in your



industry and explain why it's false.









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MAY GOD BLESS THE FOLLOWERS WHO ENGAGE WITH EVERY POST (EVEN THE SPONSORED ONES), THE FRIENDS WHO SUPPORT OUR BUSINESSES, & THE "COMPETITORS" WHO SHOW LOVE.

YOU ARE GREATLY APPRECIATED.

SINCERELY, EVERY CREATOR ON THIS APP

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DAY 13

PERSONAL JOURNEY

Share your own personal journey, or why you're starting this journey, now.



DAY 14

WARNING

Give a warning about something people should avoid in your niche.

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GRATITUDE

Express thankfulness or joy for something in your niche. The more relatable, the better.



DAY 16 RELATABLE HUMOR

DAY 17 MOTIVATIONAL REMINDER

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Always trust your first

gut instincts.

DAY 18 NICHE BOOKS

Come up with a joke that makes fun of yourself, in a relatable way! Share a motivational reminder, via

text or spoken audio, relating to your



Create a list of the top/your favorite

niche-related books!





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ATTENTION! 500k GIVEAWAY!

Whether you have been following me for years or this is the first post of mine that you've seen, I just wanted to say thank you!

I'll be giving away <mark>5 one-on-one coaching calls!</mark> To enter:

- Like & Save this post
- Tag a friend in the comments



The winners will be announced on my IG Stories once l cross 500k followers!

In case we've never met, Hi! My name is Brock and it's my job to help you grow on Instagram!

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Me when I finally figured out my sleep and ADHD MEDS



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DAY 19

SURPRISING STAT

Find and share a surprising or littleknown industry statistic. **DAY 20**

GIVEAWAY

Host a giveaway to incentivize engagement!

DAY 21

FUNNY QUOTE

Share a funny quote or movie clip related to your niche.





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DAY 24 K.I.S.S.

Document a day-in-the-life of your industry or profession.

Create a direct-to-camera Reel

DAY 23

YOUR WHY

expressing your bigger purpose for

this account.

(Keep it stupid simple!) Go back to

the basics and teach a lesson that

you think is "too simple".









WHAT TO WATCH THIS WEEKEND Docuseries Bad Vegan (Netflix) jeen-yuhs: A Kanye Trilogy (Netflix)

- We Need To Talk About Cosby (Showtime)
- Secrets Of Playboy (A&E)

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Documentary

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- The Tinder Swindler (Netflix)
- Trust No One: The Hunt For The Crypto King (Netflix)
- Lucy And Desi (Amazon Prime)

Short Documentary

When We Were Bullies (HBO Max)

Limited TV Series (based on a true story)

- Inventing Anna (Netflix)
- The Dropout (Hulu)
- TV Series (Sci-Fi)
- Raising Dion (Netflix)
- Invasion (Apple TV)

TV Series (Fantasy)

- See (Apple TV)
- TV Series (Romance)
- Bridgerton (Netflix)
- Movie (Drama/Biography)
 - The Eyes Of Tammy Faye (Amazon, rental)

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DAY 25 COLLABORATE

DAY 26 RECREATE A TREND

DAY 27

SHARE A HELPFUL RESOURCE

Share a collaboration Reel with someone else in your industry where you share knowledge or advice.



Lipsync a popular trending audio and relate it to your niche.



Talk about your favorite book, podcast, Instagram account, etc. Any niche-related resource that will help your audience.



DAY 28

ORIGINAL AUDIO

Create a short "talking" Reel that is easy for someone else to recreate through lipsyncing!

DAY 29 REMIX A POST

Find a post from another creator in your industry and use the "Remix"

DAY 30

SHARE ADVICE

Share the biggest piece of advice that you've gotten from a mentor, family

Make sure that it is generic enough to apply







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