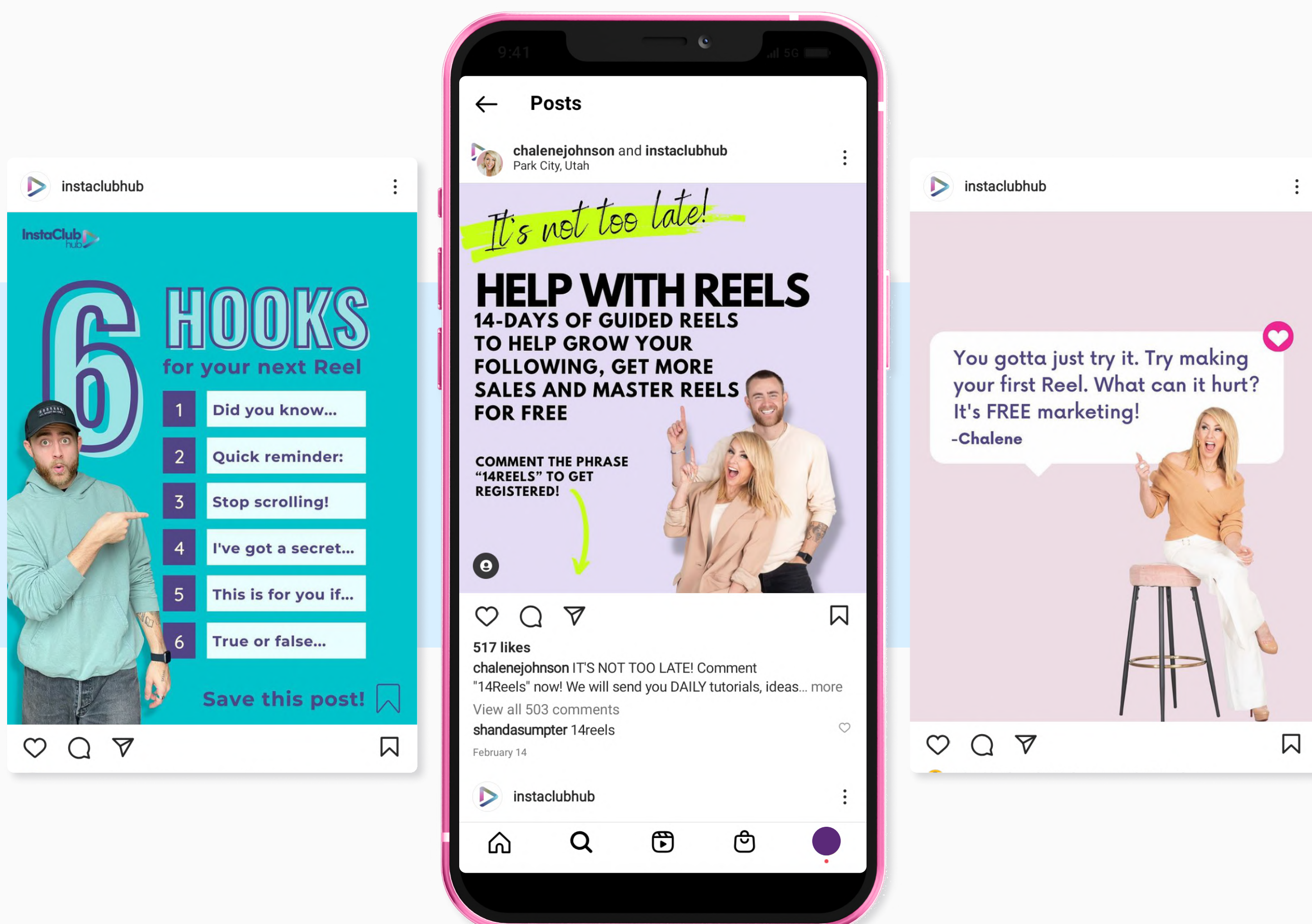


30 | CONTENT DAY | CALENDAR

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.



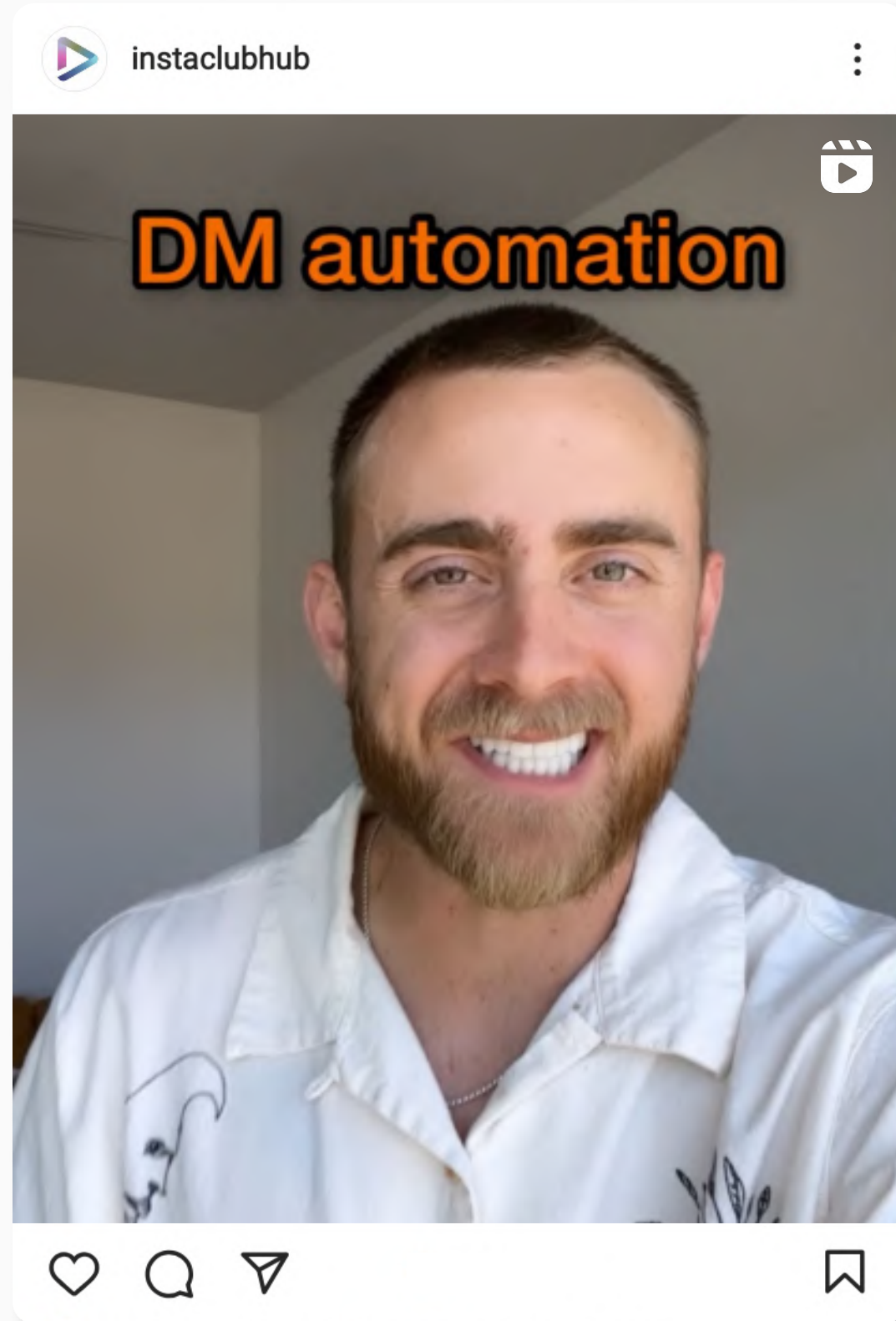
Love these ideas? Want even more? We're always adding new trainings, templates and techniques that are hands-on like these feed posts, to help you get the most out of Instagram. Plus 2 live events per month! Join the thousands of entrepreneurs in our inner circle at [InstaClubHub](https://www.instagram.com/instaclubhub)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



DAY 1

MISCONCEPTION

Address the biggest misconception in your industry or your niche.



DAY 2

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

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



DAY 5

REPOST

Find your most popular post from the last 6-12 months and repost it! (Yup, the exact Reel can be posted again).



DAY 6

HOW-TO

Share an insider tip or how-to related to your expertise.



DAY 7
TWEET

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



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 9
INDUSTRY NEWS

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



DAY 10
QUICK LIFE HACK

A little-known or creative solution/tool that you use and that is related to your niche.



DAY 11
3 FAVORITE SITES/APPS

Your top 3 websites or mobile apps that help you do something in your niche.



DAY 12
DISPEL A MYTH

Take a common myth from your industry and explain why it's false.



DAY 13

PERSONAL JOURNEY

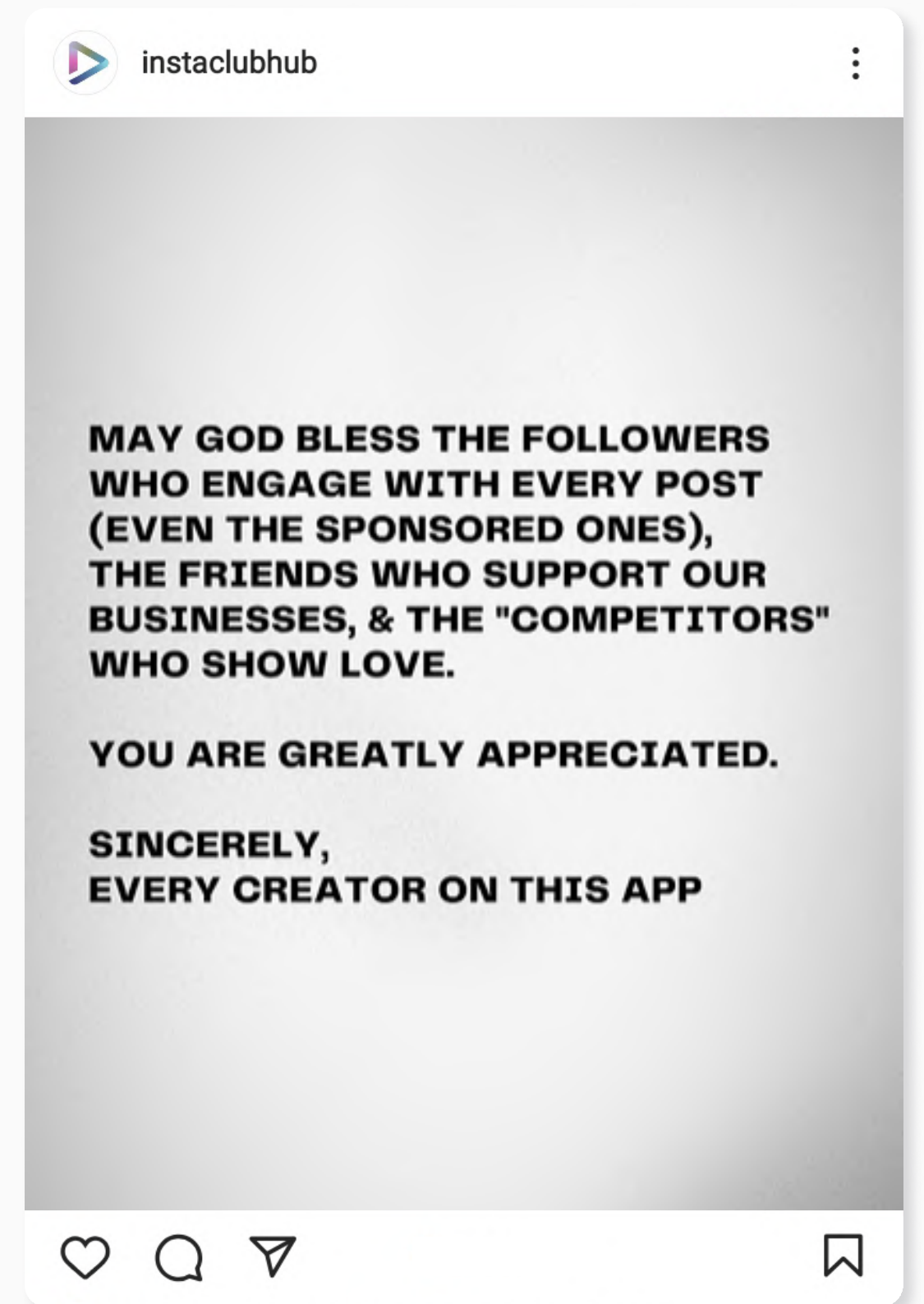
Share your own personal journey, or why you're starting this journey, now.



DAY 14

WARNING

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



DAY 15

GRATITUDE

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



DAY 16

RELATABLE HUMOR

Come up with a joke that makes fun of yourself, in a relatable way!



DAY 17

MOTIVATIONAL REMINDER

Share a motivational reminder, via text or spoken audio, relating to your niche.



DAY 18

NICHE BOOKS

Create a list of the top/your favorite niche-related books!



DAY 19

SURPRISING STAT

Find and share a surprising or little-known 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.



DAY 22

VLOG

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



DAY 23

YOUR WHY

Create a direct-to-camera Reel expressing your bigger purpose for this account.



DAY 24

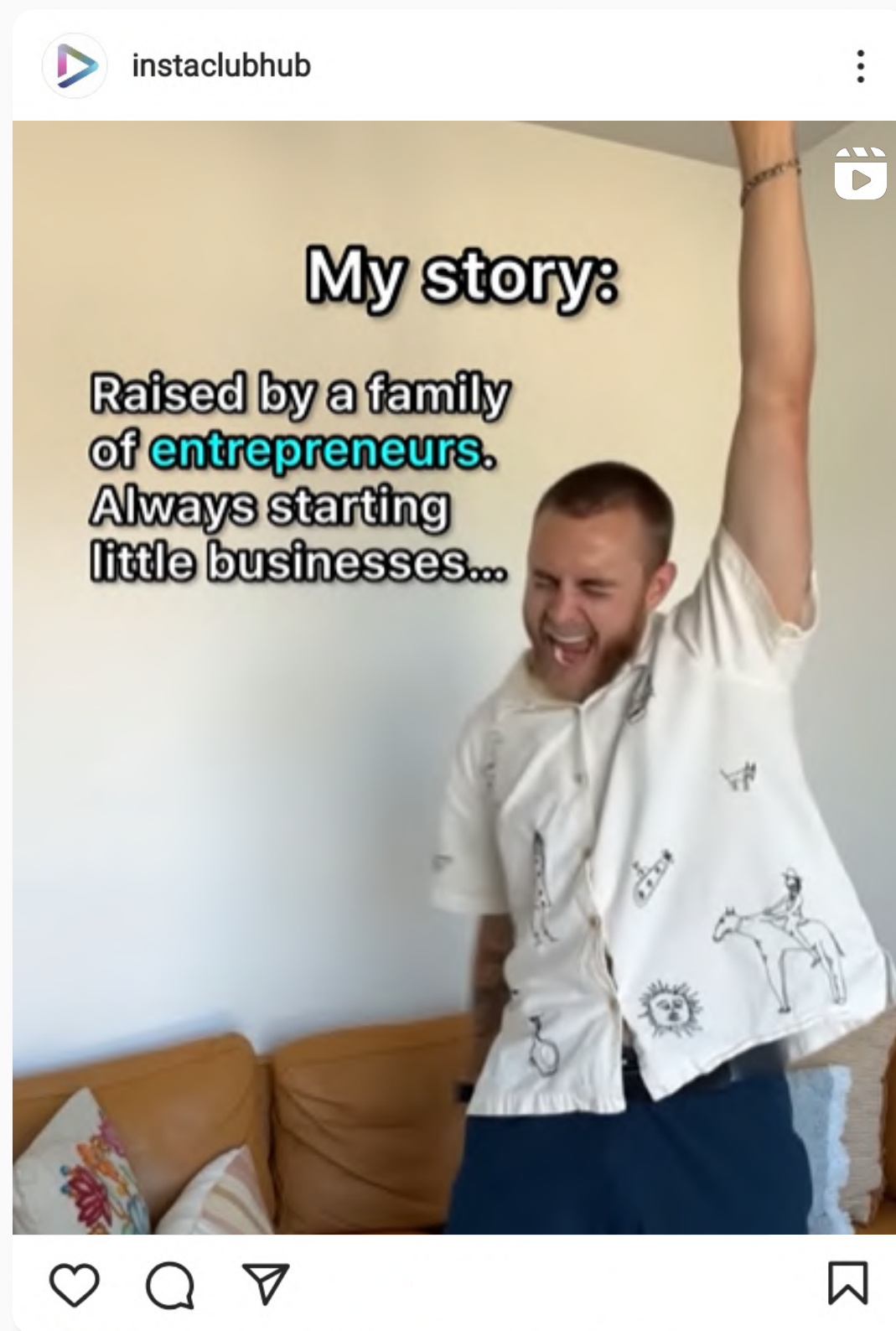
K.I.S.S.

(Keep it stupid simple!) Go back to the basics and teach a lesson that you think is "too simple".



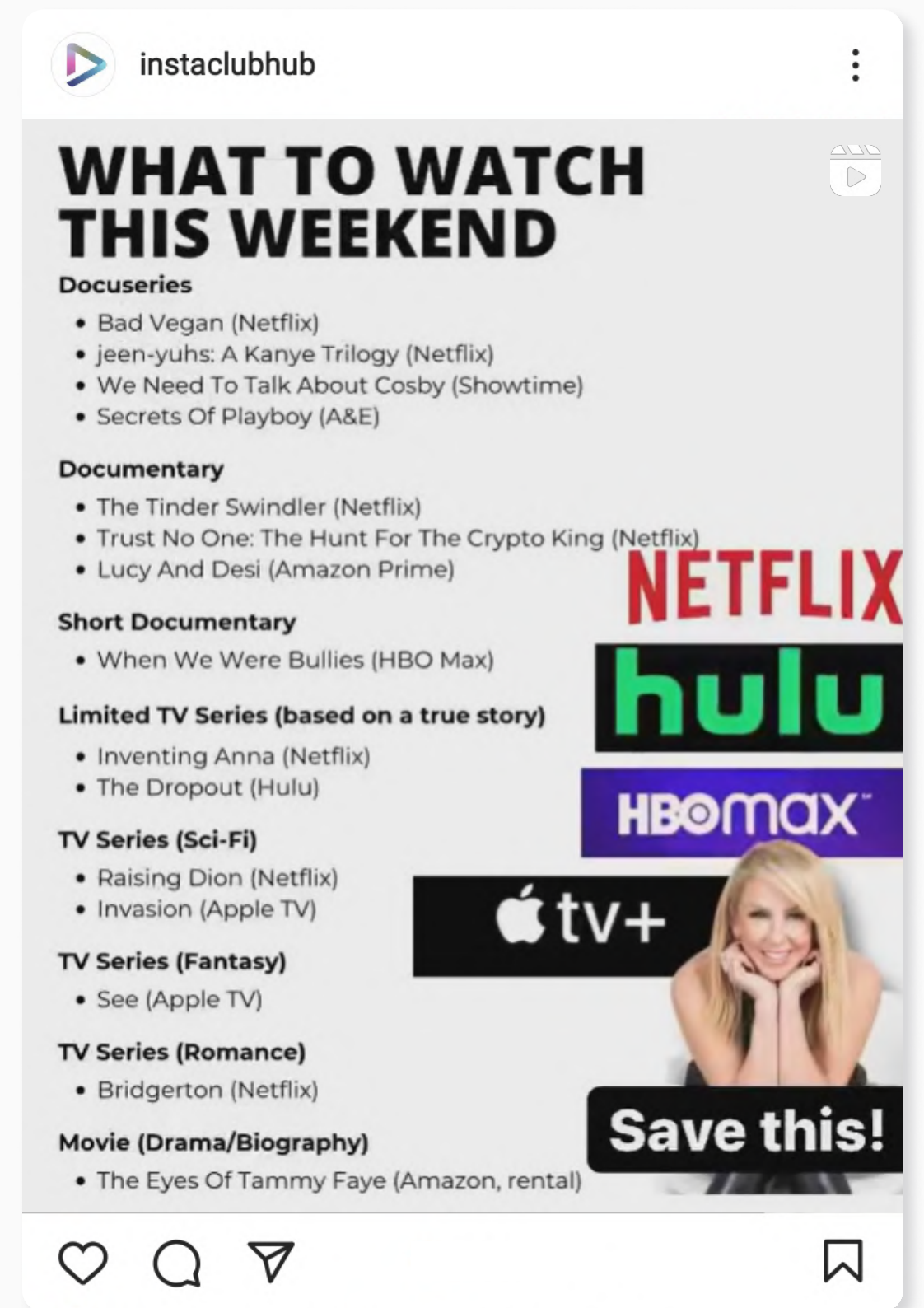
DAY 25
COLLABORATE

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



DAY 26
RECREATE A TREND

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



DAY 27
SHARE A HELPFUL RESOURCE

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



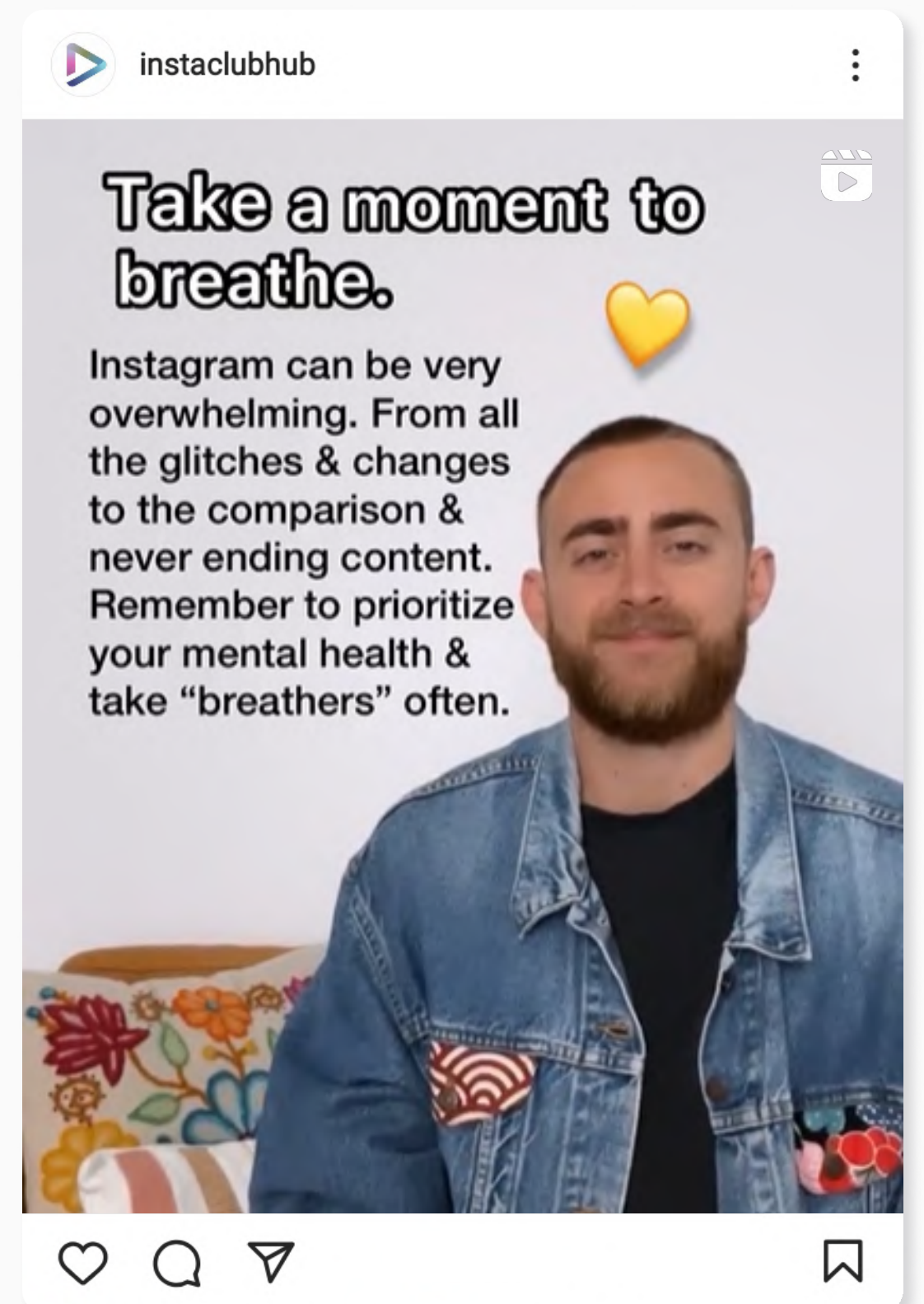
DAY 28
ORIGINAL AUDIO

Create a short "talking" Reel that is easy for someone else to recreate through lipsyncing! Make sure that it is generic enough to apply to different niches.



DAY 29
REMIX A POST

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



DAY 30
SHARE ADVICE

Share the biggest piece of advice that you've gotten from a mentor, family member, training, podcast, book, etc.

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.