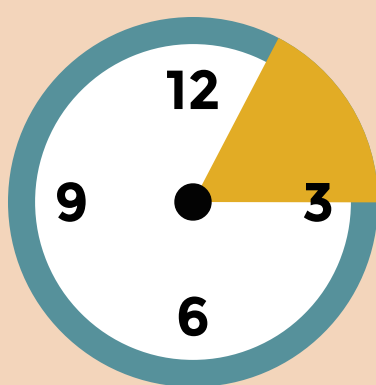




# THE BEST TIMES TO POST ON SOCIAL MEDIA

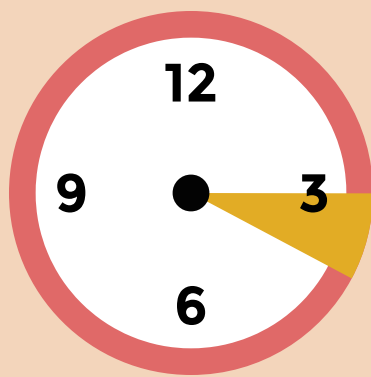
## FACEBOOK



Thursday & Friday  
1:00-3:00pm

The closer the weekend comes about the more people check out and check in to Facebook.

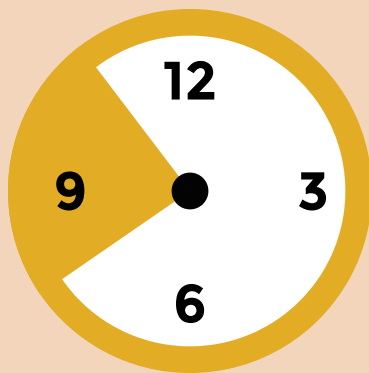
## INSTAGRAM



Monday  
3:00-4:00pm

This is mainly due to companies posting during this time and stirring interaction.

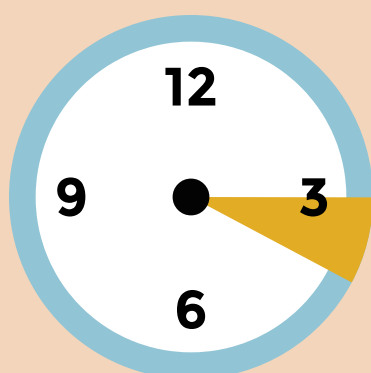
## PINTEREST



Saturday  
9:00pm

People have more time to sit back, relax & pin.

## TWITTER



Monday-Friday  
3:00pm

Click-through rates are higher during weekdays and work hours.