

Best Times To Post On Social Media - Checklist

PINTEREST

- Pin during the day between 2-4pm EST
- Pin during the day between 8pm-1am EST
- Pin at 9pm (Pinterest activity peaks)
- Pin on Fridays at 3pm (for fashion and retail)
- Pin on Saturday between 8pm-11pm
- Pin on Saturday between 2am-4am

GOOGLE+

- Post on Mondays between 9am-11am
- Post on Tuesdays between 9am-11am
- Post on Wednesdays at 9am (works best for social applause and engagement)
- Post on Wednesdays between 9am-11am
- Post on Thursdays between 9am-11am
- Post on Fridays between 9am-11am

LinkedIn

- Post between 7am-8am on Monday
- Post between 5pm-6pm on Monday
- Post between 7am-8am on Tuesday
- Post between 5pm-6pm on Tuesday
- Post between 7am-8am on Wednesday
- Post between 5pm-6pm on Wednesday
- Post between 7am-8am on Thursday
- Post between 5pm-6pm on Thursday
- Post between 7am-8am on Friday

- Post between 5pm-6pm on Friday
- Post on Tuesdays 10am-11am to get the most clicks and shares
- Post during weekdays and business hours

Twitter

- Post at 12pm for highest CTR
- Post at 6pm for highest CTR
- Post at 5pm for highest retweets
- Post on weekends and Wednesdays (B2C)

Facebook

- Post during the week (B2B)
- Post on Thursday at 1pm to get the most shares
- Post on Thursday at 3pm to get the most clicks
- Post on Friday at 1pm to get the most shares
- Post on Friday at 3pm to get the most clicks
- Post any time between 9am-7pm during the week

Data: QuickSprout

www.sandrastachowicz.com