



THE  
**BEST TIMES**  
 TO POST ON  
**SOCIAL MEDIA**

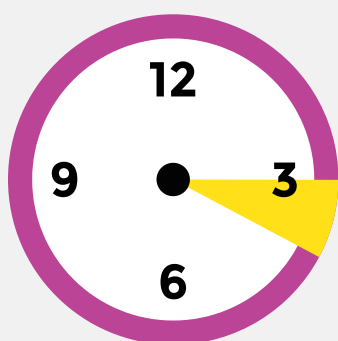
## FACEBOOK



Thursday & Friday  
 1:00-3:00pm

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

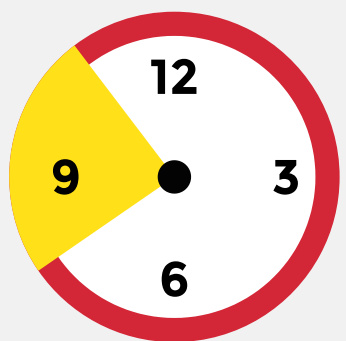
## INSTAGRAM



Monday  
 3:00-4:00pm

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

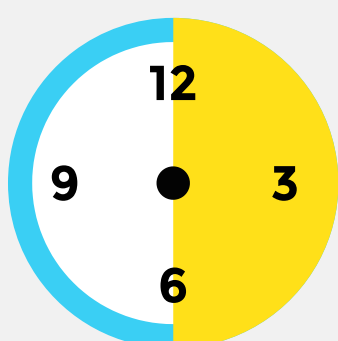
## PINTEREST



Saturday  
 8:00-11:00pm

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

## TWITTER



Monday-Friday  
 12:00-6:00pm

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

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