

June 2022

Week 1

M	T	W	T	F	S	S
20	21	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Week 2

M	T	W	T	F	S	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Week 3

M	T	W	T	F	S	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Week 4

M	T	W	T	F	S	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Week 5

M	T	W	T	F	S	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

DAY OF WEEK		Completion	Description:	Caption:	Links/Components:	Hashtags/Tags:	 IG Story		
	MONDAY	30	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
	TUESDAY	31	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
	WEDNESDAY	1	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
	THURSDAY	2	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
	FRIDAY	3	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
	SATURDAY	4	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
	SUNDAY	5	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
	MONDAY	6	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
	TUESDAY	7	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
	WEDNESDAY	8	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
	THURSDAY	9	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
	FRIDAY	10	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
	SATURDAY	11	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	12	<input type="checkbox"/>	VOID	VOID	VOID	VOID	<input type="checkbox"/>	<input type="checkbox"/>	
	MONDAY	13	<input type="checkbox"/>		Hello! Golden Health Holistics is back and better than ever We have some con		#goldenhealthholistics #staygolden #wellness #healing #wellness #holistic #health #goldenhealth #nutrition #lifestyle #healthjourney	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	TUESDAY	14	<input checked="" type="checkbox"/>	begin Instagram social media campaign with first IG post					<input type="checkbox"/>
	WEDNESDAY	15	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
	THURSDAY	16	<input type="checkbox"/>				#goldenhealthholistics #staygolden #wellness #healing #wellness	<input type="checkbox"/>	<input type="checkbox"/>
	FRIDAY	17	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
	SATURDAY	18	<input checked="" type="checkbox"/>	post uplifting end of the week message	Happy Friday! Here's to a week well-worked and a weekend well-earned	IG post and story that boosts IG photo post		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
SUNDAY	19	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	
	MONDAY	20	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
	TUESDAY	21	<input checked="" type="checkbox"/>	National Smoothie Day - post smoothie story,	We are officially getting into the warmer months....which means drumroll	Matching IG Story, and Post	#goldenhealthholistics #staygolden #wellness #healing #wellness	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	WEDNESDAY	22	<input checked="" type="checkbox"/>	"Today's Reminder" with uplifting message		Story with interactive story after ("How do you take time for yourself?"	n/a	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	THURSDAY	23	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
	FRIDAY	24	<input checked="" type="checkbox"/>	Date Ball Recipe	Happy Friday! Here's a little behind the scenes of our Bountiful Brownie Bite	Reel w/ Repost on Other Accounts	#browniebites #cleaningredients #GF #vegan #recipe	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	SATURDAY	25	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
	SUNDAY	26	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
	MONDAY	27	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
	TUESDAY	28	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
	WEDNESDAY	29	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
	THURSDAY	30	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
	FRIDAY	31	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
	SATURDAY	1	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
	SUNDAY	2	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>

#goldenhealth #staygolden #goldenhealthholistics #holistic #nutrition #natuaimedicine #holisticnutrition #healthylifestyle #healing #healingjourney #mindbodysoul #guthealth #mentalhealth #nontoxicliving #biohacking #inflammation #functionalmedicine #integrativehealth #autoimmune #immunity