



- CONTENT CREATION FREQUENCY CHART FOR -
LIST BUILDING



6-FIGURE BIZ
ACADEMY
FOR NUTRITION PROFESSIONALS



ACTIVITY	BEGINNER FREQUENCY	ADVANCED FREQUENCY
Social Media Posting (goal is engagement)	3x/week	5x/week
Newsletter/Ezine	2x/month	4x/month
Submit article to directories	2x/month	4x/month
Blog Post	2x/month	4x/month
Speaking (in person or virtual)	1x/month	2x/month
Attent Networking Event	1x/week	1-2x/week
Participate in a Summit (or Give Give-away Event)	1x/year	2-3x/year
Host/Organize Telesummit/Giveaway Event	1x/year	1x/year
Run a FB Challenge/Master Class	1x/year	2-3x/year
Live Streaming (FB Live/Insta Stoires)	1x/week	2x/week