

Posting Time Recommendations

MyFacialReset + Sherry Scoops

MyFacialReset

Recommended frequency

3 posts per week

Best days

- Monday
- Wednesday
- Friday

Best times

- 9:00 AM
- 1:00 PM
- 7:00 PM

Best simple schedule

- Monday at 9 AM
- Wednesday at 1 PM
- Friday at 7 PM

How many times a day?

Once on posting days only. Do not post multiple times a day right now.

Why this works

MyFacialReset is more wellness-oriented, reflective, educational, and transformation-based, so it tends to fit: - morning intention time - midday scroll breaks - evening wind-down time

Sherry Scoops

Recommended frequency

3 posts per week

Best days

- Tuesday
- Thursday
- Saturday

Best times

- 8:00 AM
- 12:00 PM
- 6:00 PM

Best simple schedule

- Tuesday at 8 AM
- Thursday at 12 PM
- Saturday at 10 AM or 12 PM

How many times a day?

Once on posting days only. Do not post multiple times a day right now.

Why this works

Sherry Scoops is a local service brand, so it performs better around: - morning planning time - lunch-break scrolling - weekend home and yard mindset

Bottom line

MyFacialReset

- 3x/week
- Monday / Wednesday / Friday
- once a day
- best windows: 9 AM / 1 PM / 7 PM

Sherry Scoops

- 3x/week
- Tuesday / Thursday / Saturday
- once a day
- best windows: 8 AM / 12 PM / 6 PM