

THE POST TIMING SHEET

Where the active-times chart is, the best windows for a local business, and a 2-week test sheet.

Everyone tells you to post when your followers are online. The problem: every big account posts then too, and the app needs time to test your video on a small group before the crowd shows up. Post one to two hours BEFORE the peak, reply fast, and test one time for two weeks.

WHERE THE CHART IS

- Instagram: Professional dashboard > Insights (or Account insights) > Total followers > scroll to Most active times. Switch between hours and days.
- Facebook page: Meta Business Suite > Insights > Audience (the when-your-fans-are-online graph).
- TikTok: Profile > Creator tools (or Analytics) > Followers > Follower activity.
- YouTube: Studio > Analytics > Audience > When your viewers are on YouTube.
- No chart yet (under 100 followers)? Use the local-business windows below until you have data.

BEST WINDOWS FOR A LOCAL BUSINESS (POST 1-2 HOURS BEFORE)

Your customers	Their peak	Post at
Homeowners (roofing, HVAC, cleaning, landscaping)	7-9 PM	5:30-6:30 PM
Business owners (B2B, printing, IT, bookkeeping)	7-8 AM and 12-1 PM	6 AM or 11 AM
Parents (dentist, tutoring, kids activities)	8-10 PM	6:30-7:30 PM
Restaurants, bars, events	11 AM-1 PM and 5-7 PM	9:30 AM or 3:30 PM
Real estate	Sat-Sun 9-11 AM	Sat 7:30 AM

THE REPLY ROUTINE (FIRST 30 MINUTES)

- Stay on the app for thirty minutes after you post. Answer everyone, even a thumbs up, with a real sentence.
- Ask a question back. A two-reply thread counts more than a like.
- Reply to old posts too while you wait. Activity on your account helps the new video.

2-WEEK TEST SHEET

Day	Posted at	Views at 1 hr	Views at 24 hr	Replies	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

Rule: one posting time for fourteen days, then move it by one hour and run fourteen more. Judge the fortnight, not the day. Educational only. App features and menu names change with updates. No views, followers or sales results promised.

Timing fixed. Now fill the pipeline.

- I sell ready-made business lists to reach customers by email. Message me LIST.
- Free community, more plays like this: skool.com/unlimitedleads
- Find and verify the emails free: EmailClik.com