



Theme Brainstorming Worksheet

Instructions: Pick themes from Page 1 (or create your own), and use them to fill in your weekly themes on page 2. Once you've used a theme on Page 1, mark it as such. The days on Page 2 are split into AM and PM. Your goal is to create at least 1 theme per day and decide whether it should go out in the morning or later in the day.

Theme Ideas

Used	Theme Ideas
✓	Welcome Post (It's so important, we've added this to your schedule automatically.)
	Polls
	Specific Questions
	Recognition
	Jokes or Funnies
	Throwback
	Weekly Content
	Motivation
	Accountability (i.e. What have you accomplished?)
	Live Updates
	Challenges
	Personal Content (i.e. Show me how you relax! With a picture of the lake)
	... Fill In Your Own...



Theme Brainstorming Worksheet

Weekly Theme Outline

Time	Theme
Monday	
8:30 AM	Welcome Post
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	