You can use social media to motivate, teach and help other athletes improve their health and fitness.

**SETTING YOUR GOALS**
Which social media **platforms** (Twitter, Instagram, Facebook, YouTube) will you use?

___________________________________________________________________

How many times a week will you **post to social media**?

___________________________________________________________________

Is there a **day of the week/month** you want to post? What day/days is this?

___________________________________________________________________

How will you use social media to celebrate the successes of a friend or teammate?

___________________________________________________________________

**PICKING YOUR TOPICS**
What can you post in **Month 1** to social media?

___________________________________________________________________

What can you post in **Month 2** to social media?

___________________________________________________________________

What can you post in **Month 3** to social media?

___________________________________________________________________

What can you post in **Month 4** to social media?

___________________________________________________________________

What can you post in **Month 5** to social media?

___________________________________________________________________

What can you post in **Month 6** to social media?