

Social Media Health Messenger Planning Document

*Special
Olympics*



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?
