

## **Phase 2 Schedule- Incorporate into schedule -Re-engagements and COI**

### **6am Power Hour (before kids are up)**

20 mins- (35-75) Follow, Like, Engage. Post 1 of 3 drafted pics of the day!

20 mins- 10X RULE, Success Principles

20 min- Quick Story/ Tea/ Shake/ Follow back and Thank for Follow

### **12p Power Hour**

20 mins- (35-75) Follow, Like, Engage Insta

20 mins- COI on Facebook- Follow COI instructions. After COI Continue Bday

Messages and always add 5 each day

20 min- Quick Story/ Tea/ Shake/ or Lunch in the story and share something about day.

Follow back and Thank for Follow

### **9p Power Hour**

20 mins- (35-75) Follow, Like, Engage

20 mins- Set Up Post (draft) for next day / Fill in your Gauges and Post to Group

20 min- Quick Story about day or of top 5 / Follow back and Thank for Follow