

Content consistency

tracker (7 days)



Build Momentum.

Track Posts.

Stay Accountable.

This 7-day tracker is designed to help creators stay consistent with content, build habits, and test audience engagement. It's simple, actionable, and leaves room for expansion in the full Personal Brand & Business systems.

Define Your Weekly Focus

Decide your main content goal for the week (engagement, audience growth, product teaser, lead magnet promotion):

Choose 1–2 content pillars to focus on:

Consistency matters more than perfection. Focus on showing up daily.

Daily Posting Tracker

<i>Day</i>	<i>Content Type</i>	<i>Platform</i>	<i>Posted? (Y/N)</i>	<i>Notes / Engagement</i>
<i>Mon</i>				
<i>Tue</i>				
<i>Wed</i>				
<i>Thu</i>				
<i>Fri</i>				
<i>Sat</i>				
<i>Sun</i>				

Track what you post and where — this helps identify patterns, see engagement trends, and notice which platforms are working best.

Mini Reflection

At the end of the week:

Which post or content type performed best?

What was the hardest part about staying consistent?

Adjustments to improve next week:

Incorporate my comprehensive guides into your organization, and receive assistance with your personal brand, advanced strategies, detailed timelines, content plans, and post-launch reflections to enhance your results!