

Daily Hashtags Cheat Sheet

MONDAY

- #MotivationMonday
- #ManCrushMonday [#MCM]
- #MondayFunday
- #MusicMonday
- #MountainMonday
- #MeowMonday
- #ManicMonday
- #ManicureMonday
- #MondayBlues

TUESDAY

- #TransformationTuesday [#TT]
- #TipTuesday
- #TravelTuesday
- #GoodNewsTues
- #TuesdayShoesday
- #TuesdayTreat
- #TuneTuesday
- #TongueOutTuesday [#TOT]
- #TakeMeBackTuesday

WEDNESDAY

- #WellnessWednesday
- #WomanCrushWednesday
- #HumpDay
- #WisdomWednesday
- #WayBackWednesday
- #WoofWednesday
- #WineWednesday

THURSDAY

- #ThankfulThursday
- #ThrowbackThursday [#TBT]
- #Thursdate
- #ThursdayThoughts
- #ThinkPositiveThursday
- #ThirstyThursday
- #ThursdayVibes

FRIDAY

- #FollowFriday #FeatureFriday
- #FlashbackFriday [#FBF]
- #FreebieFriday
- #FridayFunday
- #FridayNight
- #FridayReads
- #FridayVibes #FridayFeeling
- #Friyay #TGIF

SATURDAY

- #Caturday
- #SaturdaySwag
- #SaturdaySpecial
- #SocialSaturday

SUNDAY

- #SelfieSunday [#SS]
- #SundayFunday
- #SpotlightSunday

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To set a comprehensive social media strategy:

[Check out the Social Media Strategy Workbook.](#)

Louise Myers
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129 Days of the Week Hashtags

Monday

#MondayMotivation #MotivationMonday #MondayBlues #MarketingMonday
#MusicMonday #MeatlessMonday #MaxoutMonday #MondayRun #MondayOutfit
#MindfulMonday #ManicureMonday #MancrushMonday (or #MCM)
#MondayFunday #ManicMonday #MondayMemories #MondayMantra
#MondayMood #MondayMadness #MountainMonday

Tuesday

#TravelTuesday #TransformationTuesday #TipTuesday #TechTuesday
#TuesdayTasting #TacoTuesday #TuesdayShoesday #GoodNewsTues #TuesdayTunes
#TakeMeBackTuesday #TastyTuesday #TuesdayTrivia #TuesdayTruth #TuesdayTreat
#TurtleTuesday #TuesdayTakeover #TougueOutTuesday #TattooTuesday

Wednesday

#WomancrushWednesday (or #WCW) #Humpday #WorkoutWednesday
#WisdomWednesday #WellnessWednesday #WayBackWednesday #WoofWednesday
#Winesday #WineWednesday #WhiskeyWednesday #WackyWednesday
#WomenWednesday #WednesdayWords #WinItWednesday #WaterfallWednesday
#WhiskersWednesday #WeddingWednesday

Thursday

#ThrowbackThursday (or #TBT) #ThankfulThursday #ThinkPositiveThursday
#Thursdate #ThirstyThursday #ThursdayThrowPillows #HandToolThursday
#ThoughtfulThursday #ThursdayVibes #ThursdayNight #ThursdayThoughts
#TGIT (Thank God It's Thursday)

Friday

#FlashBackFriday #FearlessFriday #FashionFriday #FictionFriday #FridayReads
#FridayFacts #FollowFriday (or #FF) #FridayIntroductions #FeatureFriday #FitnessFriday
#FoodieFriday #FridayFlowers #FridayFun #FridayFunny #FridayVibes #Friyay
#FridayFeels #FridayNight #FactFriday #FreebieFriday #TGIF (Thank God It's Friday)

Saturday

#Caturday #SaturdayStyle #SaturdaySweat #SaturdaySpecial #SaturdaySale
#SaturdayShopping #SaturdaySwag #SaturdayBrunch #SaturdayShenanigans
#SelfCareSaturday #SaturdayRun #SaturdayFun #SaturdaySelfie #ScreenshotSaturday
#SaturdayNight #SaturdayNightFever #SaturdayShoutOut (or #SS) #SocialSaturday

Sunday

#SundayFunday #SundayReads #SpotlightSunday #StartupSunday #SundaySweat
#SundayHike #SelfieSunday #WeekendVibes #ScienceSunday #SundayBrunch
#SundayVibes #SundayBest #SundayDinner #SundaySesh #SelfCareSunday
#SundayScaries #SuperSoulSunday #PancakeSunday #SundaySweets

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