

TEMPLATE

2024 Social Media Calendar



2024 SOCIAL MEDIA CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	01	02	03

JAN

GOALS

- _____
- _____
- _____
- _____

NOTABLE DATES

- Alzheimer's Awareness Month
- Int'l Quality of Life Month
- Blood Donor Awareness Month
- Birth Defects Prevention Month
- Winter Sports TBI Month
- Thyroid Awareness Month

2024 SOCIAL MEDIA CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02 Rheumatoid Awareness Day	03
04 World Cancer Day	05	06	07	08	09	10
11	12	13 Duchenne Muscular Dystrophy Awareness Week	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 Int'l Repetitive Strain Injury Awareness Day	29 Rare Disease Day	01	02

FEB

GOALS

- _____
- _____
- _____
- _____

NOTABLE DATES

- _____ American Heart Month
- _____ Cancer Prevention Month
- _____
- _____
- _____
- _____
- _____

2024 SOCIAL MEDIA CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	01	02	03	04	05	06

MAR

GOALS

- _____
- _____
- _____
- _____

NOTABLE DATES

- Brain Injury Awareness Month
- Multiple Sclerosis Awa. Month
- Developmental Disabilities Awareness Month
- National Endometriosis Awareness Month
- Trisomy Awareness Month

2024 SOCIAL MEDIA CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02	03	04	05	06 Bohring-Opitz Syndrome Awareness Day
07	08	09	10	11	12	13
14	15	16	17	18	19 Congenital Diaphragmatic Hernia Action Day	20
21	22	23	24	25	26	27
28	29	30	01	02	03	04

APR

GOALS

- _____
- _____
- _____
- _____

NOTABLE DATES

- Occupational Therapy Month
- Autism Awareness Month
- Sarcoidosis Awareness Month
- Stress Awareness Month
- Parkinson's Awareness Month
- Sjogren's Awareness Month

2024 SOCIAL MEDIA CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01	02	03	04
05 National Stuttering Awareness Week	06 World Ankylosing Spondylitis Day	07	08	09	10	11
12 Chronic Immunological & Neurological Diseases Day	13 International ME/CFS Day	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	01

MAY

GOALS

- _____
- _____
- _____

NOTABLE DATES

- ALS Awareness Month
- Arthritis Awareness Month
- Better Hearing & Speech Month
- Cystic Fibrosis Awar. Month
- Ehlers-Danlos Syndrome Awareness Month
- Osteoporosis Awareness & Prevention Month
- Stroke Awareness Month

2024 SOCIAL MEDIA CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	01	02	03	04	05	06

JUN

GOALS

- _____
- _____
- _____
- _____

NOTABLE DATES

- _____ Aphasias Awareness Month
- _____ Scoliosis Awareness Month
- _____ Myasthenia Gravis Awa. Month
- _____ Scleroderma Awareness Month

2024 SOCIAL MEDIA CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	01	02	03

JUL

GOALS

- _____
- _____
- _____
- _____

NOTABLE DATES

Juvenile Arthritis Awar. Month
 Sarcoma Awareness Month
 Social Wellness Month

2024 SOCIAL MEDIA CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUG

GOALS

- _____
- _____
- _____
- _____

NOTABLE DATES

- _____
National Immunization
- _____
Awareness Month
- _____
Spinal Muscular Atrophy
- _____
Awareness Month
- _____
- _____
- _____
- _____

2024 SOCIAL MEDIA CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
08 World Physical Therapy Day	09	10	11	12	13	14
15 National Rehabilitation Awareness Week	16	17	18	19	20	21
22	23	24	25 World Lung Day & Women's Health and Fitness Day	26	27	28
29 World Heart Day	30	01	02	03	04	05

SEP

GOALS

- _____
- _____
- _____
- _____

NOTABLE DATES

- _____ Pain Awareness Month
- _____ World Alzheimer's Month
- _____ Duchenne Muscular Dystrophy
- _____ Action Month

2024 SOCIAL MEDIA CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	01	02	03	04	05
06	07	08	09	10	11	12 Bone and Joint Action Week
13	14	15	16	17	18	19 World Pediatric Bone & Joint Day
20 World Osteoporosis Day	21	22	23	24	25	26
27	28	29	30 World Hypophosphatasia Day	31	01	02

OCT

GOALS

- _____
- _____
- _____
- _____

NOTABLE DATES

- _____
Nat'l Physical Therapy Month
- _____
Nat'l Audiology Awar. Month
- _____
Spina Bifida Awareness Month
- _____
Breast Cancer Awar. Month

2024 SOCIAL MEDIA CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

NOV

GOALS

- _____
- _____
- _____
- _____

NOTABLE DATES

- Alzheimer's Disease Awa. Month
- National Diabetes Month
- Epilepsy Awareness Month
- Prematurity Awareness Month

2024 SOCIAL MEDIA CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 World AIDS Day	02	03 International Day of Persons With Disabilities	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	01	02	03	04








DEC

GOALS

- _____
- _____
- _____
- _____

NOTABLE DATES

WEEKLY CONTENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
							<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Message							
Hashtags							