F2C Nutrition Athlete Social Media/Demo Tracking 2025

Name: _____ Month: _____

Handles: Facebook:_____ Instagram:_____ Twitter:_____ Strava:__

Posting Criteria: 4 posts per month - 1 can be on Facebook/Instagram, 3 can be on Insta stories .
If posting mulitple pictures - the first needs to be an F2C pic, you can find all the criteria for posting here: http://www.teamf2c.com/

Store	Date	Time Started	Time Ended	Demo Produts	Store/Club/Event Manager Signature
example - Tom's bike shop	May 5, 2017	10:15 AM	12:15 PM	GlycoDurance	Fred …

Date	Social Media -Instagram, Facebook, Insta Stories	Picture	Video	Other
May 5, 2017	Instagram		30 second vid	NA