



February 2023

free content calendar

Daily ideas for a more engaging month on social
use hashtag [#cinchchallenge](#) so we can find you!



Month

Black History Month
American Heart Month

1

National Freedom Day
National Get Up Day
National Signing Day (HS Football)
Change Your Password Day
Decorating With Candy Day
National Baked Alaska Day
National Dark Chocolate Day
National Girls and Women in Sports Day
[Share an image, review, or comment from a customer](#)

2

Candlemas Day
Groundhog Day
National Brown Dog Day
National Hedgehog Day
National Tater Tot Day
National Ukulele Day
[Post an A/B/C/D engagement graphic](#)

3

American Painters Day
Bubblegum Day
Doggy Date Night
Feed the Birds Day
National Carrot Cake Day
National Golden Retriever Day
National Wear Red Day
National Women Physicians Day
[Tell your community how your products stand out from competitors](#)

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4

National Eat Ice Cream for Breakfast Day
National Homemade Soup Day
National Stuffed Mushroom Day
National Thank a Mail Carrier Day
USO Day
World Cancer Day

Reintroduce yourself to your community! Share what you do and why you do it.

5

National Chocolate Fondue Day
National Weatherperson's Day
World Nutella Day

Post a multi-photo of your best sellers

6

National Frozen Yogurt Day
National Lame Duck Day
Pay a Compliment Day
Time to Talk Day
Tu Bishvat

Share a blog post relevant to your business

7

National Fettuccine Alfredo Day
National Periodic Table Day
National Send a Card to a Friend Day
Rose Day

Testimonial Tuesdays- post review of one of your products

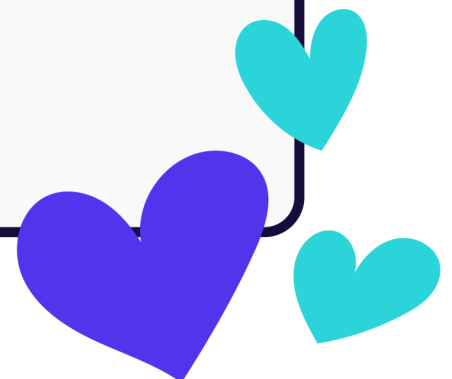
8

National Kite-Flying Day

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9

National Pizza Day

National Toothache Day

Read in the Bathtub Day

Post a [throwback](#) picture of your business of when you first for started

10

International Cribbage Day

International Winter Bike to Work Day

National Flannel Day

National Umbrella Day

Post a [this or that](#) game

11

Armed Forces Day

Don't Cry Over Spilled Milk Day

International Day of Women and Girls in Science

National Guitar Day

National Inventors' Day

National Latte Day

National Make a Friend Day

Ask your followers a [question](#)

12

Abraham Lincoln's Birthday

Darwin Day

National Freedom to Marry Day

National Plum Pudding Day

Super Bowl Sunday

Post a [poll](#)

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13

Galentine's Day
National Cheddar Day
National Crab Rangoon Day
National Tortellini Day
Self-Love Day
World Radio Day
[Share a game with your group](#)

14

Library Lovers' Day
National Donor Day
Valentine's Day
[Testimonial Tuesdays- post review of one of your products](#)

15

National Gumdrops Day
Singles Awareness Day
[Post a status update with a fact about your biz](#)

16

National Almond Day
Paczki Day
World Anthropology Day
[Post a throwback Thursday post](#)

17

Carnival of Brazil
National Cabbage Day
National Caregivers Day
Random Act of Kindness Day
[Share an image, review, or comment from a customer](#)

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18

National Battery Day

National Drink Wine Day

Post a multi-photo of your best sellers

19

National Chocolate Mint Day

Tug of War Day

Post an A/B/C/D engagement graphic

20

National Cherry Pie Day

National Love Your Pet Day

National Muffin Day

Presidents' Day

Ask your followers to share a fact about them

21

Fat Tuesday

International Mother Language Day

Mardi Gras

National Grain Free Day

National Pancake Day

National Sticky Bun Day

Testimonial Tuesdays- post review of one of your products

22

Ash Wednesday

Cook a Sweet Potato Day

George Washington's Birthday

National Margarita Day

National Walking the Dog Day

Supermarket Employee Day

World Thinking Day

Share a game



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23

Digital Learning Day
International Dog Biscuit Appreciation Day
National Banana Bread Day
National Chili Day
National Toast Day

[Share a blog post relevant to your business](#)

24

National Skip the Straw Day
National Tartar Sauce Day
National Tortilla Chip Day
World Bartender Day

[Ask your followers a question](#)

25

Introduce a Girl to Engineering Day
Let's All Eat Right Day
National Chocolate Covered Nut Day
National Clam Chowder Day

[Share an image, review, or comment from a customer](#)

26

Letter to an Elder Day
National Pistachio Day
Tell a Fairy Tale Day

[Post a poll](#)

27

International Polar Bear Day
National Pokemon Day
National Protein Day
National Strawberry Day

[Post a review of a product from a dif biz that you like](#)



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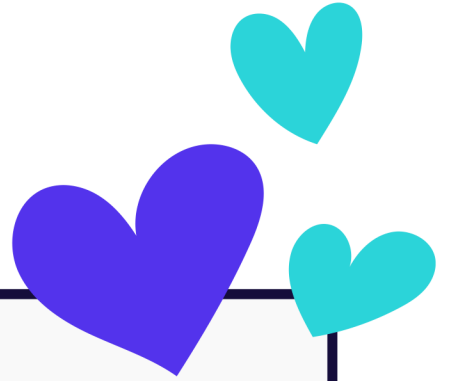
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28

Floral Design Day
National Chocolate Souffle Day
National Public Sleeping Day
Rare Disease Day
U.S. Snow Shoe Day
World Spay Day
Share an image, review, or comment from a customer



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