30-Day Faceless Health Reels Posting Calendar

One reel a day for 30 days — pick a reel from the bundle, post it on the platform shown, and use the caption angle. Tick each day off as you post.

Day	Reel topic	Platform	Caption angle
1	Morning stretch routine	Reels	Start your day moving
2	3-ingredient green smoothie	Shorts	Blend it in 2 minutes
3	Desk stretches for office workers	TikTok	Your back will thank you
4	Hydration reminder	Facebook	How much water today?
5	10-minute home workout	Reels	No gym needed
6	Healthy snack swap	Shorts	Swap this for that
7	Sleep better tonight	TikTok	3 wind-down tips
8	Meal-prep Sunday basics	Facebook	One hour, five meals
9	Walking challenge day 1	Reels	Join the 10k step walk
10	Yoga for beginners	Shorts	Breathe and stretch
11	Protein breakfast ideas	TikTok	Fuel your morning
12	Posture fix in 60 seconds	Facebook	Sit tall, feel better
13	Low-impact cardio at home	Reels	Easy on the knees
14	Fruit vs juice: the truth	Shorts	Which one wins?
15	Evening wind-down stretch	TikTok	Sleep like a baby
16	Healthy grocery haul	Facebook	What I buy weekly
17	Core workout, no equipment	Reels	Two minutes a day
18	Herbal tea for calm evenings	Shorts	Brew and relax
19	Step-count check-in	TikTok	How many did you hit?
20	Stretch your hips	Facebook	Undo a day of sitting
21	Smoothie bowl recipe	Reels	Breakfast that looks good
22	Breathing exercise for stress	Shorts	One minute to calm
23	Home workout for seniors	TikTok	Gentle and safe
24	Water vs soda challenge	Facebook	Pick water this week
25	5-minute morning yoga	Reels	Wake up your body
26	Healthy lunchbox ideas	Shorts	Pack it the night before
27	Foam rolling basics	TikTok	Loosen up in 3 minutes
28	Sleep routine reset	Facebook	Same time every night
29	Full-body stretch flow	Reels	From head to toe
30	Your 30-day recap	Shorts	What changed in 30 days?

Tip: batch-film nothing — the reels are ready to post. Spend your time on the caption and the first 3 seconds of the hook instead.