

# How much content should I select each week?

The standard posting schedule for a Quote (Top of Funnel) is daily, for your Rich Summary Blog Posts, it's every other day. To keep your content consistently flowing we recommend selecting 10 quote items and 5 rich summary items each week.

You can click Dashboard at any time to see how many items you have in writing and how many you have waiting to post. Keeping 14 quotes and 7 rich summaries queued up means that you'll have consistent posts. Even if you have to step away for a week.