

MONDAYS:

Use **#monday**, **#mondays**, and **#manicmonday** as regular tags for the day.

Use **#mondaymotivation** for an inspirational photo to kickstart the week.

Use **#mondayblues** or **#mondaymorning** to get back to the work.

Use **#mondayfunday** for photos that show you can have a good time after the weekend.

Use **#musicmonday** to share your favorite tunes on Instagram.

TUESDAYS:

Use **#tuesday** and **#tuesdays** as regular tags for the day.

Use **#transformationtuesday** to showcase your journey to your personal goal.

Use **#tongueouttuesday** to capture a photo of your dog with their tongue hanging out.

Use **#traveltuesday** to share a photo of your current or recent travels.

WEDNESDAYS:

Use **#wednesday**, **#wednesdays**, and **#humpday** as regular tags for the day.

Use **#wellnesswednesday** to talk about health and fitness.

Use **#winewednesday** if you need a glass to get over the hump day.

Use **#wednesdaywisdom** to share an inspirational quote or story.

THURSDAYS:

Use **#thursday** and **#thursdays** as regular tags for the day.

Use **#throwbackthursday** and **#tbt** to share an old photo, reliving a fond memory.

Use **#thursdate** for a middle-of-the-week date night.

Use **#thirstythursday** if you're grabbing a drink.

Use **#thankfulthursday** to express your gratitude towards someone or something.

FRIDAYS:

Use **#friday**, **#fridays**, and **#tgif** as regular tags for the day.

Use **#flashbackfriday** or **#fbf** if you missed Throwback Thursday.

Use **#fridaynight**, **#fridaynights**, **#fridayvibes**, to show yourself having a good time.

Use **#fridaynightlights** and **#fridaynightfootball** posting a high school football game picture.

SATURDAYS:

Use **#saturday** and **#saturdays** as regular tags for the day.

Use **#saturdaymornings** to show how you are spending the first morning of the weekend.

Use **#aturday** to post a photo of your cat.

Use **#saturdaynight** to tell the world how you're chilling out.

SUNDAYS:

Use **#sunday**, **#sundays**, and **#sundayfunday** as regular tags for the day.

Use **#selfiesunday** and **#sundayselfie** and capture that perfect selfie.

Use **#sundaybrunch** if you're heading out for a grand, relaxing meal at the start of the day.