

FREE TEMPLATE

# The 90-Day Reddit Posting Calendar

## Best-Time Windows by Subreddit + Karma & Self-Promo Tracker

Print it, pin it, and plan your next three months on Reddit — built on the best posting times for 2026 and the 9:1 rule that keeps you out of the spam filter.

- ✓ A one-page best-times cheat sheet, by subreddit category
- ✓ A fill-in 90-day calendar with windows pre-planned
- ✓ A built-in value-to-promo tracker so you stay community-safe
- ✓ A 3-month ramp: build karma → find your windows → double down

# Best-times cheat sheet

Times are US Eastern (ET) — roughly 57% of Reddit is in the US. Shift them to wherever your target subreddit's audience actually is, then keep the relative pattern.

## BEST WINDOWS BY SUBREDDIT CATEGORY

Category	Best window (ET)
Tech & Programming	Tue–Thu 6–10 AM
Business, SaaS & Startups	Tue–Thu 7–11 AM
Marketing & SEO	Tue–Thu 9–11 AM & 1–3 PM
Finance & Investing	Weekdays 7 AM–12 PM; Sun evening
Crypto & Web3	Nearly 24/7; US evenings & weekends
Gaming	Evenings 6–11 PM; all weekend
News & Politics	Daily 6–9 AM & 5–8 PM
Health & Fitness	5–8 AM; weekend mornings
Science & Education	Weekdays 9 AM–1 PM
Entertainment & Pop Culture	Evenings & weekends 5–11 PM
Lifestyle & Hobbies	Evenings & weekend mornings

## STRONGEST DAYS (MOST SUBS)



**Why mornings win:** in a 1,000-post study, the **9 AM–12 PM ET** window earned a median **6,479 upvotes** — about **8x** the late-night median (783). Reddit's algorithm rewards *upvote velocity*, so the first hour decides everything.

## TIMES TO AVOID & THE ONE RULE

- Overnight **1–5 AM ET** for US subs — the dead zone; posts get buried before anyone votes
- **Weekends** for professional/business subs — save launches for Tue–Thu
- The **9:1 rule**: keep self-promotion under ~10% of your activity, or you'll trip rules & spam filters

Every subreddit runs on its own clock. Find your exact window with the interactive heatmap and the free Subreddit Analyzer at [leadmore.ai/best-time-to-post-on-reddit](https://leadmore.ai/best-time-to-post-on-reddit).

# Month 1 — Build karma & credibility

Comment far more than you post. Get your account above each target sub's karma/age gate, and shortlist 3–5 subreddits that fit your topic.

THIS MONTH'S FOCUS

TARGET SUBREDDITS

VALUE : PROMO (AIM 9:1)

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wk 1</b>	<i>Comment &amp; give value</i> Sub / topic: _____	<b>8:00 AM ET</b> Post — primary sub Sub / topic: _____	<b>8:00 AM ET</b> Post — secondary sub Sub / topic: _____	<b>9:00 AM ET</b> Post — primary sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____	<b>10:00 AM ET</b> Post — hobby/community sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____
<b>Wk 2</b>	<i>Comment &amp; give value</i> Sub / topic: _____	<b>8:00 AM ET</b> Post — primary sub Sub / topic: _____	<b>8:00 AM ET</b> Post — secondary sub Sub / topic: _____	<b>9:00 AM ET</b> Post — primary sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____	<b>10:00 AM ET</b> Post — hobby/community sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____
<b>Wk 3</b>	<i>Comment &amp; give value</i> Sub / topic: _____	<b>8:00 AM ET</b> Post — primary sub Sub / topic: _____	<b>8:00 AM ET</b> Post — secondary sub Sub / topic: _____	<b>9:00 AM ET</b> Post — primary sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____	<b>10:00 AM ET</b> Post — hobby/community sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____
<b>Wk 4</b>	<i>Comment &amp; give value</i> Sub / topic: _____	<b>8:00 AM ET</b> Post — primary sub Sub / topic: _____	<b>8:00 AM ET</b> Post — secondary sub Sub / topic: _____	<b>9:00 AM ET</b> Post — primary sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____	<b>10:00 AM ET</b> Post — hobby/community sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____

Month-end review — best subreddit, best window, what to change:

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# Month 2 — Find your windows

Test 2–3 posting times per subreddit. Track first-hour velocity (upvotes in the first 60 minutes), not 24-hour totals.

THIS MONTH'S FOCUS

TARGET SUBREDDITS

VALUE : PROMO (AIM 9:1)

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
Wk 1	<i>Comment &amp; give value</i> Sub / topic: _____	<b>8:00 AM ET</b> Post — primary sub Sub / topic: _____	<b>8:00 AM ET</b> Post — secondary sub Sub / topic: _____	<b>9:00 AM ET</b> Post — primary sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____	<b>10:00 AM ET</b> Post — hobby/community sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____
Wk 2	<i>Comment &amp; give value</i> Sub / topic: _____	<b>8:00 AM ET</b> Post — primary sub Sub / topic: _____	<b>8:00 AM ET</b> Post — secondary sub Sub / topic: _____	<b>9:00 AM ET</b> Post — primary sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____	<b>10:00 AM ET</b> Post — hobby/community sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____
Wk 3	<i>Comment &amp; give value</i> Sub / topic: _____	<b>8:00 AM ET</b> Post — primary sub Sub / topic: _____	<b>8:00 AM ET</b> Post — secondary sub Sub / topic: _____	<b>9:00 AM ET</b> Post — primary sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____	<b>10:00 AM ET</b> Post — hobby/community sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____
Wk 4	<i>Comment &amp; give value</i> Sub / topic: _____	<b>8:00 AM ET</b> Post — primary sub Sub / topic: _____	<b>8:00 AM ET</b> Post — secondary sub Sub / topic: _____	<b>9:00 AM ET</b> Post — primary sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____	<b>10:00 AM ET</b> Post — hobby/community sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____

Month-end review — best subreddit, best window, what to change:

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# Month 3 — Double down on winners

Lean into the subreddit + window that works. Crosspost your best posts to other relevant subs, and drop what flopped.

THIS MONTH'S FOCUS

TARGET SUBREDDITS

VALUE : PROMO (AIM 9:1)

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wk 1</b>	<i>Comment &amp; give value</i> Sub / topic: _____	<b>8:00 AM ET</b> Post — primary sub Sub / topic: _____	<b>8:00 AM ET</b> Post — secondary sub Sub / topic: _____	<b>9:00 AM ET</b> Post — primary sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____	<b>10:00 AM ET</b> Post — hobby/community sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____
<b>Wk 2</b>	<i>Comment &amp; give value</i> Sub / topic: _____	<b>8:00 AM ET</b> Post — primary sub Sub / topic: _____	<b>8:00 AM ET</b> Post — secondary sub Sub / topic: _____	<b>9:00 AM ET</b> Post — primary sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____	<b>10:00 AM ET</b> Post — hobby/community sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____
<b>Wk 3</b>	<i>Comment &amp; give value</i> Sub / topic: _____	<b>8:00 AM ET</b> Post — primary sub Sub / topic: _____	<b>8:00 AM ET</b> Post — secondary sub Sub / topic: _____	<b>9:00 AM ET</b> Post — primary sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____	<b>10:00 AM ET</b> Post — hobby/community sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____
<b>Wk 4</b>	<i>Comment &amp; give value</i> Sub / topic: _____	<b>8:00 AM ET</b> Post — primary sub Sub / topic: _____	<b>8:00 AM ET</b> Post — secondary sub Sub / topic: _____	<b>9:00 AM ET</b> Post — primary sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____	<b>10:00 AM ET</b> Post — hobby/community sub Sub / topic: _____	<i>Comment &amp; give value</i> Sub / topic: _____

Month-end review — best subreddit, best window, what to change:

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# How to use this calendar

- 1 Earn the right to post first.** Reddit punishes drive-by self-promotion. Spend Month 1 commenting and building karma so your account is credible before you push anything.
- 2 Fill the sub & topic lines.** Each posting slot already has a best-time window. You decide *which subreddit* and *what* — write it on the line in each cell.
- 3 Post in the audience's timezone.** The times are ET; move them to where your target subreddit's members actually are, and hold the pattern.
- 4 Guard your ratio.** Use the value-to-promo tracker each month. Aim for at least nine genuine contributions for every promotional post.
- 5 Win the first hour.** Be online when you post — reply to early comments fast. If a post gets no traction in an hour, it's fine to delete and repost later at a better time with a sharper title.

## Find the right subreddits, times & rules — automatically

Leadmore AI's Subreddit Recommender and Analyzer surface the communities that fit your product, their real peak hours, and their self-promo rules — then help you post from credible accounts. Start free.

[leadmore.ai](https://leadmore.ai)