

# Managing Your Media

## What is a scheduled or timed post?

A scheduled post is to help you with posting at regular intervals without having to manually post every time. Basically you can set times for posts to appear in your timeline and journal.

This is especially useful for creators on the go who can queue up posts ahead of time and the system will post it for you at time you specify. This helps keep your followers or fans engaged if you don't have time to manually post everyday.

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