365 Media Pitching System by Amanda Abella

Instructions: Fill out each cell with the required info. Start out by creating a list of media outlets, blogs, podcasts you'd like to pitch. Revisit once a week for follow ups.

Podcast	Contact	Pitch Idea	Response	Scheduled	Follow Up	STATS
Sample Podcast	sample@sample.com (123)456-7890	sample idea				Over 1M downloads