7 JOURS

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Household income \$63,597



F35+ INDEX 149



Readers/copy 15.7



Fans 81,116



Male readers 30%



Female readers 70%



Quebec readership 97%



Followers 18,209



7JOURS

HIGHLIGHTS

- 555,000 readers across all platforms
- 502,000 print readers
- 30,792 copies (circulation)
- 52 issues per year
- 3,521,970 page views per month
- 1,098,901 users per month

SPECIAL EDITION THEMES

- Healthy eating
- World cuisine
- Chefs
- Special features

Quebecor Insights

Sources: Vividata Fall 2019, total Canada, 14+ / Profile: French Canada, 14+ / Circulation: AAM, June 2019 / Social media: Nov. 2019 / Digital: Google Analytics, Oct. 2019 / Newsletter: Nov. 2019.