

BRIGHT SMS Schedule – follow up 3 weeks

Day	MessageText	Time
1	<N> remember to brush your teeth	AM
1	<N> going to bed? Brush your teeth	PM
2	<N> remember to brush before you leave home	AM
2	Have you brushed twice today?	PM
3	REMINDER: brush well to make your teeth look clean	AM
3	<N> remember to brush before bed	PM
4	<N> have you brushed your teeth yet? Do it now or you will forget	AM
4	Brush before bed	PM
5	Brush your teeth to freshen up	AM
5	Have you brushed your teeth yet? Do it now or you will forget.	PM
6	Part of looking good is having a clean smile. Brush your teeth	AM
6	<N> brushing teeth twice a day keeps decay away	PM
7	Always brush your teeth	AM
7	<N> remember to brush your teeth	PM
8	<N> Brushing teeth twice a day keeps decay away	AM
8	<N> have you brushed twice today?	PM
9	Hair sorted? Teeth sorted?	AM
9	<N> going to bed? Brush your teeth	PM
10	Take time to make your teeth shine :)	AM
10	<N> remember to brush before bed	PM
11	If you would like to stop receiving messages from BRIGHT, you can reply to any of our messages with STOP	AM
11	<N> have you brushed twice today?	PM
12	Brushing teeth twice a day keeps decay away	AM
12	Brush before bed	PM
13	A smile is always in style. Take care of it & brush your teeth	AM
13	You've been getting texts for a few weeks now, keep brushing so your teeth get cleaner	PM
14	<N> want to make your teeth feel clean? Brush them now	AM
14	Going to bed? Brush your teeth	PM

15	<N> have you brushed your teeth yet? Do it now or you will forget	AM
15	Remember to let us know if you change your phone number, text us on 07537416903, please include your old number in the message	
		PM
16	Part of looking good is having a clean smile. Brush your teeth	AM
16	<N> going to bed? Brush your teeth	PM
17	<N> remember to brush your teeth before you leave home	AM
17	Have you brushed your teeth yet? Do it now or you will forget.	
18	Always brush your teeth	AM
18	<N> going to bed? Brush your teeth	PM
19	Hair sorted? Teeth sorted?	AM
19	A smile is always in style. Take care of it & brush your teeth	PM
20	<N> Brush your teeth to freshen up	AM
20	<N> Brushing teeth twice a day keeps decay away	PM
21	REMINDER: brush well to make your teeth look clean	AM
21	<N> have you brushed twice today?	PM