

TERM	EQUALS	EXAMPLE
mi, min, minutes	minutes	45minutes@app.followup.cc
h, hour, hours	hours	12hours@app.followup.cc
d, day, days	days	2days@app.followup.cc
w, week, weeks	weeks	1week@app.followup.cc
mo, month, months	months	1month@app.followup.cc
y, year, years	years	1year@app.followup.cc
tomorrow	tomorrow	tomorrow@app.followup.cc
every	every (recurring event)	everymonday9am@app.followup.cc
*	every, put after term	monday*@app.followup.cc
st,nd,rd and th	suffix support	every1st@app.followup.cc
-	between a date and time	jan22-5pm@app.followup.cc
am	am (morning)	9am@app.followup.cc
pm	pm (evening)	5pm@app.followup.cc
sunday	Sunday	sun@app.followup.cc
monday	Monday	mon*@app.followup.cc (every Monday)
tuesday	Tuesday	tue@app.followup.cc
wednesday	Wednesday	everywed-8am@app.followup.cc
thursday	Thursday	thu@app.followup.cc
friday	Friday	friday@app.followup.cc
saturday	Saturday	everySAT@app.followup.cc (every Saturday)
jan, january	January	jan1@app.followup.cc
feb, february	February	feb1@app.followup.cc
mar, march	March	mar5-3pm@app.followup.cc
apr, april	April	apr20-530pm@app.followup.cc
may	May	may5*@app.followup.cc (every May 5)
jun, june	June	everyjune2@app.followup.cc (every June 2)
jul, july	July	july4@app.followup.cc
aug, august	August	aug5@app.followup.cc
sep, september	September	sept8@app.followup.cc
oct, october	October	oct31-5pm@app.followup.cc
nov, november	November	nov1@app.followup.cc
dec, december	December	dec25@app.followup.cc
+	adds task, + and your task	3days+contract@app.followup.cc
daily	send daily	daily@app.followup.cc
weekly	send weekly	weekly@app.followup.cc
monthly	send monthly	monthly@app.followup.cc
yearly	send yearly	yearly@app.followup.cc
weekdays	weekdays (Mon-Fri)	weekdays@app.followup.cc
weekends	weekends (Sat-Sun)	weekends@app.followup.cc
noon	sends at noon	noon@app.followup.cc
midnight	sends at midnight	midnight@app.followup.cc

For more help, visit help.personalcrm.followup.cc or email hello@followup.cc