

Week	Day	Communication type	ID number
Week 1	Monday	SMS-text	001
	Tuesday		
	Wednesday		
	Thursday	Email	002
	Friday		
	Saturday		
Week 2	Sunday		
	Monday	SMS-text	003
	Tuesday		
	Wednesday	SMS-text	004
	Thursday	Email	005
	Friday	SMS-text	006
Week 3	Saturday		
	Sunday		
	Monday	SMS-text	007
	Tuesday		
	Wednesday	SMS-text	008
	Thursday	Email	009
Week 4	Friday	SMS-text	010
	Saturday		
	Sunday		
	Monday	SMS-text	011
	Tuesday		
	Wednesday	Email	012
	Thursday		
	Friday		
	Saturday		
	Sunday		