

Message Schedule – (E004) Shropshire Why Weight Plus – 12 week motivational messages 12w : 6m weight check

Message Schedule Frequency/Day/Time	Message Content	Character Number (inc. spaces)
Once, Day 0, Triggered by patient sign up	Hi, I'm Florence your NHS self care service. I need to confirm you want to join in. Get started by replying "YES". Don't reply if you didn't ask to join in.	Not Applicable Standard Message
Once, Day 0, Triggered by patient Opting in with "YES"	Hi, it's Florence. Thanks for joining. I'm here to help you manage your own health better. At times I'll send advice for you to act on. To help you I may also share information with your healthcare team.	Not Applicable Standard Message
Motivational message week 1 @ 09:21	You are more likely to be successful with weight loss if you keep a food diary. If you're struggling this week, perhaps start a food diary to maintain your focus	160
Motivational message week 2 @ 09:10	Remember you don't have to 'feel the burn' at the gym - choose an activity that you enjoy such as walking, dancing or gardening and build up gradually.	152
Motivational message week 3 @ 09:00	Managing your weight doesn't mean you have to cut out everything you love - enjoy a little of what you fancy but in moderation	126
Motivational message week 4 @ 10:04	Weighing yourself regularly will help keep you on track as long as you're honest with yourself about what the scales are telling you.	134
Motivational message week 5 @ 10:14	If you feel like you've slipped up- draw a line under it and move on! The sooner you can get back into your routine the better. Remember, a lapse is not a collapse	160
Information message week 5 @ 10:28	We are here to help - if you'd like further support please call 01952 217454.	77
Motivational message week 6 @ 11:11	Have you managed your 5 or more fruit and veg each day this week? No? Think about how you can eat more - fresh, frozen and tinned (natural juices) ALL count	155
Motivational message week 7 @ 10:05	Do you drink enough water? It is proven to help weight loss, if you feel hungry this week perhaps have some water instead - we often mistake hunger for thirst	158
Motivational message week 8 @ 11:18	Struggling to cope with cravings this week? They will pass. Do you have any distractions that you can refocus your mind? Remember why you want to lose weight	157
Motivational message week 9 @ 09:57	Going out for a meal this week? Try to plan first. What are the healthiest options on the menu? Can you make a healthier swap? Do you need that starter or pudding?	160

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Motivational message week 10 @ 11:03	Alcohol contains empty calories that effect weight loss,if you drink try to swap your drink of choice for a lower calorie alternative and cut down on the amount	160
Motivational message week 11 @ 08:53	Don't view this as a diet but a long term healthy lifestyle plan.Think about how the diet changes you're making are also helping you stay fitter and live longer	160
Information message week 11 @ 11:15	Has your weight stayed the same despite feeling you've done everything the same as when you lost weight? If you're stuck for ideas,call the team on 01952 217454	160
6 month weight reading, day 180 @ 08:25	It's 6 months since you finished the Why Weight? programme. We would like you to let us know your weight, reply with WT followed by your weight in KGs "WT 98.2"	160
Reading reminder if no reply after 24 hours (up to 4 reminders)	Please could you let us know your weight as it is 6 months since you finished the programme, reply with WT followed by your weight in KG "WT 98.2" thanks	153
Confirmation message (also 1 in 1 breach alert for clinician)	Thanks! We can now update your file. Remember to call us if you need support on 01952 217454. Thanks	100