My Message Schedule

The following messages will be sent to you over the next 6 weeks – Have Fun! Stay Safe!

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| Week | Message | Day | Time |
| 1 | Ease up on the drink | Thursday | 10.10pm |
|  | Try a spacer instead of a chaser | Friday | 11.45pm |
|  | How much do I plan to drink tonight? | Saturday | 10.20pm |
| 2 | Time to grab some food | Thursday | 10.30pm |
|  | Have I reached my limit yet? | Friday | 11.05pm |
|  | Is it time to head home? | Saturday | 11.30pm |
| 3 | Who’s the designated driver tonight? | Thursday | 10.45pm |
|  | Stick with your mates, look out for each other | Friday | 11.20pm |
|  | Ease up on the drink | Saturday | 10.30pm |
| 4 | Time to go on to the water | Thursday | 10.50pm |
|  | Do I know how much I’ve drunk? | Friday | 11.05pm |
|  | How am I getting home? Never drink and drive! | Saturday | 11.45pm |
| 5 | Try a spacer instead of a chaser | Thursday | 10.45pm |
|  | Have I reached my own limit yet? | Friday | 11.30pm |
|  | Remember to eat while drinking tonight | Saturday | 10.15pm |
| 6 | Stop at 4 standard drinks – it’s only Thursday! | Thursday | 10.30pm |
|  | Time for a non-alcoholic drink | Friday | 11.15pm |
|  | Ease up on the drink | Saturday | 11.45pm |