

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