| 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 |

