

## Example schedule – Sunburn SMS

Week	SCT Construct	Text Message	Characters (160 )name not included
1	(welcome message)	Hi (name), welcome to <program name>. Your program to help u be sun safe starts soon. To be sun safe u shld SLIP, SLOP, SLAP, SEEK shade & SLIDE on sunnies. <program name>	158
1	Self-efficacy	To keep healthy, whether it's summer or winter adults should protect their skin from the sun when going outdoors, even it's only for 10 mins. <program name>	143
2	Goal setting/ reward	Hey (Name). Being sun safe is as easy as NOT getting sunburnt. Please look after ur skin this wkend, remember the goal is 2 remain sunburn free. <program name>	145
3	Goal setting/ reward	(Name), Reward yourself with something special if u avoid getting sunburnt this wkend! <program name>	87
4	Self-efficacy	Getting outdoors is fun. Getting sunburnt is not! Put on sunscreen 20 minutes b4 u go outdoors & reapply every 2 hrs whilst outdoors. <program name>	134
5	Self-efficacy	Ever heard of photoaging? It's when high sun (UV) exposure causes your skin 2 age prematurely. It can begin in your late teens & 20's. <program name>	135
6	Outcome expectancy	Applying sunscreen only takes a few minutes, but sunburn can last 4 weeks. Peeling skin, blisters, pain...Ouch. Don't be caught out this weekend. <program name>	147
7	Environment	Hi (Name). Instead of eating your lunch in the sun, why not sit in the shade? <program name>	78
8	Social support	Planning a cricket game this weekend? Don't let your team get bowled 4 6 from a sunburn. Encourage your team 2 wear a hat & sunscreen. Good luck! <program name> <u>2<sup>nd</sup> generic option instead of cricket</u>	146

		Planning some outside activity this weekend (name)? Encourage your friends 2 be sun safe like you by wearing a hat & sunscreen. Have fun! <program name>	138
9	<b>Self-efficacy</b>	Extra care should be taken outdoors between 10am and 3pm when UV levels are at their highest. Remember, looking after your skin will help u age well. <program name>	156
10	<b>Self efficacy</b>	(Name), have u checked the weather forecast yet? People are also sunburnt on overcast days. Remember, u can still be sunburnt when the weather is cool. <program name>	152
11	<b>Positive reinforcement</b>	It may be almost winter, but u can still get sunburnt. Don't get caught out. Remember to always slip, slop, slap, seek & slide b4 going outside! <program name>  Or: When your skin gets 2 much sun it loses its ability to repair itself. Avoid sun spots & wrinkles by being sun safe now. Slip, Slop, Slap to age well. <program name>	145  150
12	<b>Environment</b>	Hey (Name), If u think your neighbourhood, park or sporting grounds are not shaded enough, report it 2 your local council. <program name>	123
<b>- Mid-Program Interview</b>			
16 (13)	<b>Goal Reward/Setting</b>	(Name), Didn't get a sunburn last weekend? Awesome! Reward yourself with something special for protecting your skin. If u did, be sun safe next wknd. <program name>	150
20 (14)	<b>Environment</b>	(Name), Any plans 4 the weekend? Why not organise a sun safe picnic with friends @ your local park. Make sure there's plenty of shade. <program name>	135
24 (15)	<b>Self-efficacy</b>	Planning a footy game with your mates this weekend? Don't let sunburn keep u from joining in the fun. Wear a shirt, hat & sunscreen during the game. <program name>  <u>2<sup>nd</sup> option - generic message (preferred)</u>	149

		Planning activities outside with your mates this weekend? Don't let sunburn keep u from joining in the fun. Wear sunscreen, a shirt, hat & sunnies. <program name>	148
<b>28 (16)</b>	<b>Outcome expectancy</b>	(Name), did U know that a tan = skin in trauma. Stop damaging your skin from sunburn. Protect it by using a hat, shirt, sunscreen, sunnies & shade. <program name> OR: People who have had severe, blistering sunburn in the past are at higher risk of skin cancer. Use a hat, shirt, sunscreen, sunnies & shade when outside. <program name>	148  154
<b>32 (17)</b>	<b>Self-efficacy</b>	(Name), R U always rushing in the mornings? Get organised. Pack some sunscreen, sunnies & your hat the night b4. It doesn't take long. <program name>	135
<b>36 (18)</b>	<b>Self-efficacy/ behavioural capacity</b>	You brush your teeth each morning, why not put on sunscreen as regularly? Make sure U have some sunscreen handy in the bathroom, or near the front door. <program name> OR: Did u know sagging skin, wrinkles & discoloration r signs of sun damage? U can avoid this! Stop ur skin looking fragile after 2 much sun. Keep sun safe. <program name>	153  153
<b>40 (19)</b>	<b>Self-efficacy</b>	Who buys the sunscreen in your household (name)? Buy 30+ and get your household to stay sun safe. <program name> OR: Rudolph may have a red nose, make sure u don't get 1 this Christmas (Name). Protect your skin by wearing sunscreen, a hat & staying in the shade. <program name>	99  146
<b>44 (20)</b>	<b>Environment</b>	Got sunburnt last year (name)? Not this time! Make a commitment to never get a sunburn in 2013. U can do it! <program name>	109
<b>48 (21)</b>	<b>Self-efficacy</b>	This is ur last sun safe <program name>. Don't let sunburn ruin ur fun. Even when it's overcast	157

		remember 2 slip, slop, slap, seek & slide b4 going outdoors! <program name>	
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**Special occasion texts if needed:**

Happy **Easter!** Enjoy your long wkend & if your planning a day @ the beach make sure sunscreen & a hat are the first things u pack! <program name>

(Name), enjoy a BBQ with family & friends, but don't BBQ your skin. Remember to slip, slop, slap, seek & slide when outside! <program name>

## Example schedule SMS Physical Activity

Week	SCT Construct	Text Message	Characters (up to 160)
1	<b>(welcome message)</b>	Hi (name), welcome to <program name>. Yr activity program starts soon. Being active means doing 30mins moderate activity, like walking, almost every day. <program name>	155
1	<b>Self-efficacy</b>	(Name), to keep healthy adults shld do @ least 30 mins of moderate exercise most days of the wk. Can this be your goal? <program name>	120
2	<b>Goal setting/ reward</b>	(Name), the best way 2 get started with exercise is to set yourself a short term goal, plan how u will meet it & a reward for when u do. <program name>	137
3	<b>Goat setting/ reward</b>	(Name), rewards r important exercise motivators. When did u last reward yourself? Find something u really want & go for it! <program name>	124
4	<b>Self-efficacy</b>	(Name), remember 4 exercise 2 count it must be moderate intensity. U shld b able to talk but not sing while u do it. <program name>	117
5	<b>Self-efficacy</b>	(Name), R u finding it hard 2 get a full 30 mins of exercise each day? U can do it 10 mins @ a time, it all adds up. <program name>	117
6	<b>Outcome expectancy</b>	(Name), people who take time out to exercise say they r more patient, understanding & energetic because they exercise. <program name>	119
7	<b>Environment</b>	Hi (Name). Always have your exercise clothes clean & ready. Don't let it be an excuse. Leave your shoes where u can c them 2 remind u. <program name>	135
8	<b>Social support</b>	(Name), having someone 2 exercise with will help keep u motivated. Ask a friend, family member or neighbour to exercise with u. <program name>	128
9	<b>Self-efficacy</b>	(Name), When r u most likely to skip a session? Try 2 avoid this danger zone.	78

		<program name>	
<b>10</b>	<b>Self efficacy</b>	(Name). Walking is gr8 exercise but it needs 2 be brisk 2 count. U should walk as if u are running late. <program name>	105
<b>11</b>	<b>Positive reinforcement</b>	Hey (Name), Ask some 1 u care about 2 exercise with u. U will both feel better for it. <program name>	87
<b>12</b>	<b>Outcome expectancy</b>	(Name). 2 get more energy in your day u shld go 4 a brisk walk. Take note of how much better u feel after it. OR: Busy lately (name)? You can add on some squats to your exercise program, do some while waiting for the kettle to boil. <program name>	109  119
<b>- Mid-Program Interview</b>			
<b>16 (13)</b>	<b>Goal Reward/Setting</b>	2 keep u motivated 2 exercise (name), keep a record of what you do each week on your calendar. <program name>	95
<b>20 (14)</b>	<b>Environment</b>	Hi (Name). If u find any broken footpaths or other hazards while walking in your area report it 2 your local council. <program name>	118
<b>24 (15)</b>	<b>Self-efficacy</b>	Hi (name). Remember people who exercise are setting a good example 4 others. Your friends will want 2 join u. <program name>	110
<b>28 (16)</b>	<b>Outcome expectancy</b>	People who exercise say they feel good doing something 4 themselves. Focus on this while u exercise – u deserve 2 feel good. <program name>	125
<b>32 (17)</b>	<b>Self-efficacy</b>	Hey (Name). Exercise is so amazing it boosts your energy, but if u feel tired or sore afterwards u might need to take time to stretch. <program name>	135
<b>36 (18)</b>	<b>Outcome expectancy</b>	Take a min 2 think about how much better u feel after exercise. Remember this	151

		when u don't feel like doing it. The more u exercise the easier it gets. <program name>	
<b>40 (19)</b>	<b>Environment</b>	Holiday season is nearly with us & we r all busy but don't 4get 2 exercise. If it's 2 hot outside go 4 a brisk walk in the shopping centre. <program name>	140
<b>44 (20)</b>	<b>Self efficacy</b>	Resolutions can be hard to fulfil & getting used to a changed routine takes time. Make healthy lifestyle choices & revisit your goals when needed. <program name>	147
<b>48 (21)</b>	<b>Self-efficacy</b>	This is your last exercise, but that doesn't mean your exercise plans finish. Commit 2 making exercise a part of your life for good. <program name>	133

## Example schedule SMS skin-self examination

Week	SCT Construct	Text Message	Characters ( up to 160 )
1	(welcome message)	Hi (name), welcome to the study. Your program to help u be skin aware starts soon. To be skin aware u shld check your skin 4 changes often. <program name>	145
1	Self-efficacy	U shld do a whole body skin check every month. Become familiar with the look of your skin, so u see any changes early. Look 4 changes in moles. <program name>	144
2	Goal setting/ reward	Hey (name), plan ahead for your next skin check. Schedule a time in your diary this wkend 2 check your skin. <program name>	109
3	Self-efficacy	(Name), melanoma never has symptoms so look out for the AC rule when checking your moles – Asymmetry (halves that differ) and more than one Colour.	147
4	Goat setting/ reward	Hey (Name), why not set a goal 2 check your skin on the 1 <sup>st</sup> day of every month? Set yourself a reminder & plan ahead so u don't 4get! <program name>	134
5	Self-efficacy	R your moles a mix of different colours? R they asymmetrical? It's when 1 half is unlike the other half. Get it checked by your GP if u think they are. <program name>	151
6	Outcome expectancy	Don't forget to use your mirror this wkend for your skin exam, (Name). It will help u look @ hard-2-see areas like your back & bottom. Give it a go! <program name>	149
7*	Environment	<u>Girls only</u> Hey (Name), next time you're doing your make-up take a closer look @ your face, neck & ears 4 skin spots or lesions. <program name>  Boys option: (Name), next time u shave look in the mirror 2 check your scalp 4 any hidden skin spots. Part your hair using a comb 2 check each section. <program name>	117  139
8	Social support	For ur next skin check ask a friend/relative 2 help u look @ hard-2-c places, like the	151



		back of ur legs, back & neck. Doesn't hurt to get a 2 <sup>nd</sup> opinion! <program name>	
9	<b>Self-efficacy</b>	(Name), If you are a little bit worried about a skin spot you've found call your GP now 2 get it looked at. <program name>	108
10	<b>Self efficacy</b>	Hey (Name), next time your typing on the computer or texting, have a close look @ your hands 4 new skin spots or changes in existing spots. <program name>	140
11*	<b>Positive reinforcement</b>	Have u done your skin check this month (name)? If yes, reward yourself with something special. If not, schedule a time in your diary now.	137
12	<b>Environment</b>	Outdoor workers shld check their skin regularly. If ur moles r asymmetric, u have a sore that hasn't healed or a new spot appears get it checked! <program name>	146
<b>- Mid-Program Interview</b>			
16 (13)*	<b>Goal Reward/Setting</b>	Congrats (Name)! It's gr8 you've planned 2 examine your skin. U shld b proud of yourself. <program name>	90 (feedback loop)
		OR: Skin checks are really important 2 detect skin cancer early. U shld feel good knowing that u are protecting yourself from skin cancer. Keep up the good work. <program name>	158
		OR if they haven't checked: Busy? Checking ur skin is quick & easy! Look @ ur skin in the mirror while u wait 4 ur dinner 2 cook or during the TV ads. Every little check counts! <program name>	151
20 (14)*	<b>Self efficacy</b>	Hey (name), Have u checked your skin lately? Remember u are looking 4 changes in colour, size or shape in moles. <program name>	113
24 (15)	<b>Self-efficacy</b>	(Name), when checking your skin, benign moles are symmetrical. U can draw a line through a benign lesion, for 2 equal halves. <program name>	126

<b>28 (16)</b>	<b>Outcome expectancy</b>	Aussie survival rates from melanoma r higher than in other countries because we r now more aware of the signs of skin cancer & detect them earlier. <program name>	148
<b>32 (17)</b>	<b>Self-efficacy</b>	Remember 2 look 4 moles that look different from the rest & r asymmetric in shape & colour. Doesn't look right? Unsure? See ur GP 2 show u what 2 look 4. <program name>	153
<b>36 (18)</b>	<b>Outcome expectancy</b>	U deserve a long & healthy life (name). Keep sun safe and check your skin regularly for any suspicious moles. <program name>	110
<b>40 (19)</b>	<b>Self-efficacy</b>	Hi (name), happy holidays! All any1 wants 4 Christmas is 2 be healthy. Remember 2 check all areas of ur skin, including skin not normally exposed to the sun. <program name>	158
<b>44 (20)</b>	<b>Environment</b>	Happy New Year! Getting out more in summer? Checking ur skin on holidays is important. Use your time in beachwear to check your skin on your whole body. <program name>	153
<b>48 (21)</b>	<b>Self-efficacy</b>	This is ur last <program name> reminding u about checking ur skin, but that doesn't mean ur skin check plans finish. Commit 2 checking ur skin regularly. <program name>	154