**SMS questions sent weekly for 52 weeks**

**SMS 1:**

“How many days the last week has your neck been bothersome? Please answer with a number between 0 and 7”

**SMS 2:**

“How intense has your neck pain typically been the last week? 0= no bother, 10= worst bother imaginable”

**SMS 3:**

“How many days the last week has your neck limited your daily activities? Please answer with a number between 0 and 7”