[Exercise name] – EXERCISE ONLY –

|  |  |
| --- | --- |
|  | [Insert date] |
|  | **Time hrs** |
|  | INJECT ID:  [Insert number-insert time  E.g.01-0635] |

|  |  |
| --- | --- |
| **TO** |  |
| **FROM** | EXERCISE CONTROL  Playing [insert agency name] \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **SUBJECT** |  |

|  |
| --- |
| **MESSAGE STARTS** |
|  |
| **MESSAGE ENDS** |

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| **NOTES** |
| \* ANY ENQUIRIES ABOUT THIS INJECT SHOULD BE DIRECTED TO EXCON: [Insert name of EXCON member of staff and/or contact details] |

[Exercise name] – EXERCISE ONLY – [Exercise name] – EXERCISE ONLY