

00:13:18 Steph Jackson: I missed the first minute was it something about next year
 00:18:00 Steph Jackson: thank you
 00:28:42 Steph Jackson: "when the body says no"
 00:37:41 Steph Jackson: Lisa she's always talking about what a great coach you are
 00:39:31 Steph Jackson: she's bad at reading
 00:39:38 Steph Jackson: and sadly bad at remembering
 00:46:19 lisa fouladi: thanks steph.. janet is more than challenging.
 00:48:50 Steph Jackson: Reacted to "thanks steph.. janet..." with ❤️
 00:50:32 Steph Jackson: I would love to do some COCs
 00:51:04 Annette Falconett: Replying to "I would love to do s..."

when we have a schedule we will get a sign up form out

00:51:48 Steph Jackson: Replying to "I would love to do s..."

yay

00:53:59 Steph Jackson: can we still have gut calls?
 00:55:02 Steph Jackson: I mean still do the GRAND program or whatever
 00:55:27 Steph Jackson: this sounds more cohesive
 00:55:32 Annette Falconett: it is my understanding all the basic programs we have done will still happen
 00:55:40 Steph Jackson: Reacted to "it is my understandi..." with 👍
 01:01:20 Steph Jackson: just have to use the washroom!
 01:02:08 Annette Falconett: Reacted to "just have to use the..." with 👍
 01:09:24 Steph Jackson: sometimes I think someone would be a great fit etc etc but we could build it in
 01:32:00 Xiaoyun Pan: On my dashboard
 01:35:44 Isabelle Yang: I need to go. Go to see everyone.
 01:35:54 Steph Jackson: Reacted to "I need to go. Go to..." with ❤️
 01:35:58 Valerie A. Mills: Reacted to "I need to go. Go to..." with ❤️
 01:39:24 Dr. Ritamarie Loscalzo: <https://www.instagram.com/reel/DIAR9U1z2xa/?igsh=MXFvNmowdWFjNHV6dg==>
 01:39:59 Steph Jackson: I don't care about the diet any more just the actual results including long term results
 01:41:36 Xiaoyun Pan: Have to run for another meeting. Nice to see everyone :)
 01:41:50 Valerie A. Mills: Reacted to "Have to run for anot..." with ❤️
 01:44:28 Dr. Ritamarie Loscalzo: <https://go.drritamarie.com/consumer-welcome-2025-may-28>