

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=MXFvNmowdWFjNHF6dg==>  
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>