

[Idea 1]

I would say it resonates with me. Talking about strength training and adding it into a daily routine, and taking the time to do it. Yeah, you know, sometimes that's challenging.

My day to day varies like this morning, since it's Valentine's Day, I treated myself to breakfast so I wasn't at my laptop until around 11.

I ran some errands after that. But let's say it was a typical workday. And I had to log on to the VPN as the remote network by 10am. So let's say I get up at like 730 I have breakfast, and I feed my cats their breakfast.

After breakfast, I brush my teeth. I check email over breakfast because almost everyone else does it. After I brush my teeth, I could do the class and because I start getting pings at work, sometimes at 9am

To be honest, I might not remember it [to take a class] if I have a very hectic stressful workday coming up. So maybe a notification option and maybe it could be optional and someone could turn it off in the settings if it gets to be too annoying

[Idea 2]

I'm wondering if people could pick what they get from the kit. I already have free weights. I live in a studio apartment. So for me less is more.

Is this an app or is it something to use on someone's Smart TV?

I live in a very large building and if people have things they don't want they just put them down in the basement unused on a table. And so that's what I would do with these weights. Then someone else could use them

I would probably put all this in the corner. And I might keep it in the original box. I could have easy access to it but my cats couldn't for example.

[Idea 3]

Yeah, actually, I do think it's helpful that the coaches are also going through menopause and are in midlife because then they're more relatable and they could relate to what myself and the other individuals who purchased this kit are going through.

[Idea 4]

Okay, yeah, no, this screen makes sense. [consistency tip]

Oh, see, I just learned something. I didn't know that. Stress hormones are elevated in the morning. [morning routines tip]

[Idea 5]

So how does the app work though, as far as doing it together? Do you see the other people in the class on the app, like a Zoom situation?