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# Fabulous Fasters

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[Updated 2025-April-29]

Who are the Fabulous Fasters? A small support group of individuals that took Dr. Annette Bosworth's course, "21-Day Metabolic Kick". We meet weekly via Zoom to share our successes and challenges.

## GroupMe Chats (Google)

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Post your status, goals, questions, and tips here.

**CLICK HERE →** <https://web.groupme.com/chats>

## Meetings

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- [Weekly Checkin](#)
- [Book Review](#)

## Resources

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Let me know if you have something to contribute here (a link or a document).

## History

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### **April 2025 Changes**

Meetings moved up a day. Now **Tuesday** evenings and **Friday** mornings!

### **February 2025 Changes**

Added resources.

### **December 2024 Changes**

New website organization: <https://dcblack.github.io/FabulousFasters/>. Refining contents.

## November 2024 Changes

Teresa discussed some conflicts with me and has requested that I take over leadership in the group. She is not going away. Before I agreed to this, she took on the backup role. In other words, we are swapping roles.

We changed the Zoom link so I can take over. See [Weekly Checkin](#) for details.

Also, I formally introduced a bit more structure to the meeting format. I hope you like this; however, I am open to suggestions. See above.

Finally, the [Book Review](#) will continue as is. Its primary focus is review; however, I would like a quick one-minute status & goal to be part of it. So, the format is similar but with a different emphasis.