

# GDL Jan 20, 2023

<https://silosolo.com/274726>

## Summary

The video is from a show called Good Day Live, hosted by Michelle and Andy. They talk about viewers tuning in from different locations and their love for football and the Philadelphia Eagles. They mention a feature where viewers can call into the show. One of the producers recommends a book called Medical Medium. They also mention an audition for a show called Cheaters. Michelle mentions that she is not only a TV personality but also produces the show. She mentions that she is going to Pilates.

## Silo sample questions

- What is the name of the show?
- Who are the hosts of the show?
- What is the special feature mentioned in the video?
- What book is recommended by one of the producers?
- What show did Michelle audition for?

## Topics

Introduction to the show

Viewers tuning in from different locations

Love for football and the Philadelphia Eagles

Feature where viewers can call into the show

Recommendation of a book called Medical Medium

Mention of an audition for a show called Cheaters

Michelle being a TV personality and producer of the show

Michelle going to Pilates

## Key Takeaways

- The video is from a show called Good Day Live
- The hosts of the show are Michelle and Andy
- The show is live and they have a producer giving them instructions
- They mention that the show is being watched by people from different locations
- They talk about their love for football and the Philadelphia Eagles

[Click here for the full transcript](#)

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