

# Accountability buddy

## Your Support Plan

It can be hard to change your habits without support. Do you have someone who can help? Does your family or partner want to start exercising, or do you have a friend to exercise with? Here are some benefits of having an accountability buddy.

### Benefits

1. Enjoy your workout more!
2. You'll push yourself harder.
3. You'll quit quitting.
4. Meet your goals faster!
5. Break out of your rut!
6. You'll have a workout buddy.
7. You will feel more comfortable in the gym.
8. You'll push each other to try new things.
9. You'll bond!
10. Always have a motivator.

### How to be an accountability buddy

1. Challenge each other with goals.
2. Have weekly check-ins.
3. Reward each other.
4. Do a weekly or daily activity together!
5. Motivate each other.
6. Give positive reinforcement.
7. Be a built-in support system.
8. Monitor each other's progress.
9. Remind each other that rest days need to be taken!
10. Always show up.

**“Success is best when it’s shared.” — Howard Schultz**