

## What is a Blitz Buddy?

### WHY GET A BLITZ BUDDY?

It's the same idea as having a workout buddy, as you work through the Blitz program you can encourage each other, challenge each other, talk about how you're doing with the activities, and push through to stay on track and do more. It will help you be more consistent. It can make the difference between failure and success, between mediocrity and great results.

### HOW DO I FIND A BLITZ BUDDY?

If You Are an Existing Buffini & Company Member, There Are Several Ways to Find a Blitz Buddy

- Post "looking for a Blitz Buddy" in the [Buffini & Company Facebook Community](#).
- **Are you in One2One Coaching?** Ask your Coach if they can connect you with another One2One Member.
- **Are you a Buffini Groups Member?** Ask a fellow Member of the Group to be your accountability partner for the duration of The Blitz!

Not a Member of Buffini & Company?

- Find someone in your office to be your accountability partner. Let them know about The Blitz so they can register and get in on the action too!

### ONCE I GET ONE, WHAT DO I DO WITH THEM?

- Decide on a mutually agreeable day and time you'll touch base with each other every week, either face-to-face, on the phone, or by video conference.
- In between calls, text each other on how your day's activities went.
- Stay positive and be encouraging.

== BECAUSE EVERY **BUDDY** NEEDS A BLITZ BUDDY!

