

# Dear [Buddy's Name],

I hope this message finds you well! As we continue our journey toward better health and fitness, I believe it would be beneficial for us to collaborate on our fitness goals. Having a workout buddy can greatly enhance our motivation and accountability.

## Our Fitness Goals

- Goal 1: [Specific Goal]
- Goal 2: [Specific Goal]
- Goal 3: [Specific Goal]

## Proposed Collaboration

I suggest we meet [frequency] to check in on our progress, share tips, and perhaps train together on certain days. We could also set specific challenges to keep things exciting!

## Next Steps

Let me know if you're on board with this idea, and we can schedule a time to discuss our plans in more detail.

Looking forward to hearing from you soon!

Best regards,  
[Your Name]