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Sex, Porn and Masturbation Addiction

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Incorporating fitness into your daily life is important.

When creating a fitness plan use these tips as a guideline:

1. Incorporate a 30 minute high intensity cardio sessions 3 times per week
2. Incorporate a 30 minute strength training session 2 times per week.
3. 1-2 times per week, add a stretching or mindfulness activity into your plan
4. Take a 20 minute walk every day.

Here is an example plan:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am walk	7am jog	7am weights	7am bike	7am boxing	7am stretch	9am walk
2pm yoga	12pm walk	12pm walk	12pm walk	12pm walk	12pm walk	10am swim

Now use this chart to create your own plan:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday