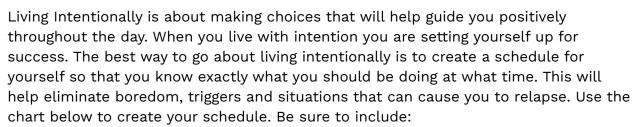


Welcome to CSPMA where you can kick your addiction for good

Sex, Porn and Masturbation Addiction

Online Course | Affordable | CSPMA.ORG



- Wake up times and bedtimes
- Meals (include meal planning and shopping)
- Fitness
- Self-reflection (ie: meditation, working on courses, spiritual practices, etc.)
- Social activities
- Rest times

Day	Morning	Afternoon	Evening
Sunday			
Monday			
Tuesday			

Wednesday		
Thursday		
,		
Friday		
Saturday		