

Metas de setembro



Capitolo de settembre

[illegible]

planejamento mensal

DOMINGO	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	Anotações:					

LUGARES E EVENTOS DE SETEMBRO

[illegible]

Cronograma capilar

SEMANAS:			
1			
2			
3			
4			



HIDRATAÇÃO

RECONSTRUÇÃO

NUTRIÇÃO



NOME:

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NOTA: ☆☆☆☆☆

Importante!



ANOTAÇÕES

A large, solid pink rectangular area occupying the bottom half of the page, intended for taking notes.

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01

SÁBADO

02

DOMINGO

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Importante!

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ANOTAÇÕES

03

SEGUNDA-FEIRA

04

TERÇA-FEIRA

05

QUARTA-FEIRA

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06

QUINTA-FEIRA

07

SEXTA-FEIRA

08

SÁBADO

09

DOMINGO

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Importante!

10

11

12

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SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA

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ANOTAÇÕES

13

QUINTA-FEIRA

14

SEXTA-FEIRA

15

SÁBADO

16

DOMINGO

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Importante!

17

18

19



SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA



ANOTAÇÕES

Blank area for notes, highlighted in light pink.

20

QUINTA-FEIRA

21

SEXTA-FEIRA

22

SÁBADO

23

DOMINGO

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Importante!

24

25

26



SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA



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ANOTAÇÕES

27

QUINTA-FEIRA

28

SEXTA-FEIRA

29

SÁBADO

30

DOMINGO

/ — // — // — /

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Comprimas
LOJA

[illegible]

[illegible]

Anotações

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Anotações

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