

Metas de dezembro



hábitos de dezembro

[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	31	Anotações:				

[illegible]

Cronograma capilar

SEMANAS:			
1			
2			
3			
4			



HIDRATAÇÃO

RECONSTRUÇÃO

NUTRIÇÃO



NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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NOTA: ☆☆☆☆☆

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NOTA: ☆☆☆☆☆

Importante!



ANOTAÇÕES

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

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01

SÁBADO

02

DOMINGO

Importante!

03

04

05



SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA



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ANOTAÇÕES

06

QUINTA-FEIRA

07

SEXTA-FEIRA

08

SÁBADO

09

DOMINGO

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Importante!

10

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12



SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA



ANOTAÇÕES

Large pink rectangular area for notes.

13

QUINTA-FEIRA

14

SEXTA-FEIRA

15

SÁBADO

16

DOMINGO

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Importante!

17

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19

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SEGUNDA-FEIRA

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QUARTA-FEIRA

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ANOTAÇÕES

20

QUINTA-FEIRA

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SEXTA-FEIRA

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SÁBADO

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DOMINGO

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SEGUNDA-FEIRA

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TERÇA-FEIRA

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QUARTA-FEIRA

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28

SEXTA-FEIRA

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SÁBADO

30

DOMINGO

31

SEGUNDA-FEIRA

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Comprimas

[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

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

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.