

Metas de novembro



hábitos de noviembre

[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	<i>Anotações:</i>

[illegible]

Cronograma capilar

SEMANAS:			
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4			



HIDRATAÇÃO

RECONSTRUÇÃO

NUTRIÇÃO



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NOTA: ☆☆☆☆☆

Importante!



ANOTAÇÕES

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QUINTA-FEIRA

02

SEXTA-FEIRA

03

SÁBADO

04

DOMINGO

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Importante!

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ANOTAÇÕES

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SEGUNDA-FEIRA

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TERÇA-FEIRA

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QUARTA-FEIRA



08

QUINTA-FEIRA

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SÁBADO

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DOMINGO

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ANOTAÇÕES

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QUINTA-FEIRA

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SEXTA-FEIRA

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SÁBADO

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DOMINGO

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Importante!

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SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA

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ANOTAÇÕES

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QUINTA-FEIRA

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SEXTA-FEIRA

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SÁBADO

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DOMINGO

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Importante!

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ANOTAÇÕES

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Importante!

QUINTA-FEIRA

SEXTA-FEIRA



ANOTAÇÕES



Comprimas

[illegible]

[illegible]

Anotações

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

Anotações

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

Anotações

[illegible]