

Metas de abril



habitos de abril

[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:				

[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: ☆☆☆☆☆

01

DOMINGO

02

SEGUNDA-FEIRA

03

TERÇA-FEIRA

04

QUARTA-FEIRA

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05

QUINTA-FEIRA

06

SEXTA-FEIRA

07

SÁBADO

08

DOMINGO

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Importante!

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09

10

11

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA



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ANOTAÇÕES

12

QUINTA-FEIRA

13

SEXTA-FEIRA

14

SÁBADO

15

DOMINGO

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Importante!

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18

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SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA

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ANOTAÇÕES

19

QUINTA-FEIRA

20

SEXTA-FEIRA

21

SÁBADO

22

DOMINGO

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23

SEGUNDA-FEIRA

24

TERÇA-FEIRA

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QUARTA-FEIRA

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QUINTA-FEIRA

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27

SEXTA-FEIRA

28

SÁBADO

29

DOMINGO

30

SEGUNDA

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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 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, text, or other markings on the page.

Anotações

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